Remember the Scarlets.

"You're gonna miss this, you're gonna want this back." - Trace Adkins

"In this bright future you can't forget your past." - Bob Marley. Get here and never forget yesterday.

Class starts at 7:40 a.m.

Dear East High you are the school for me...

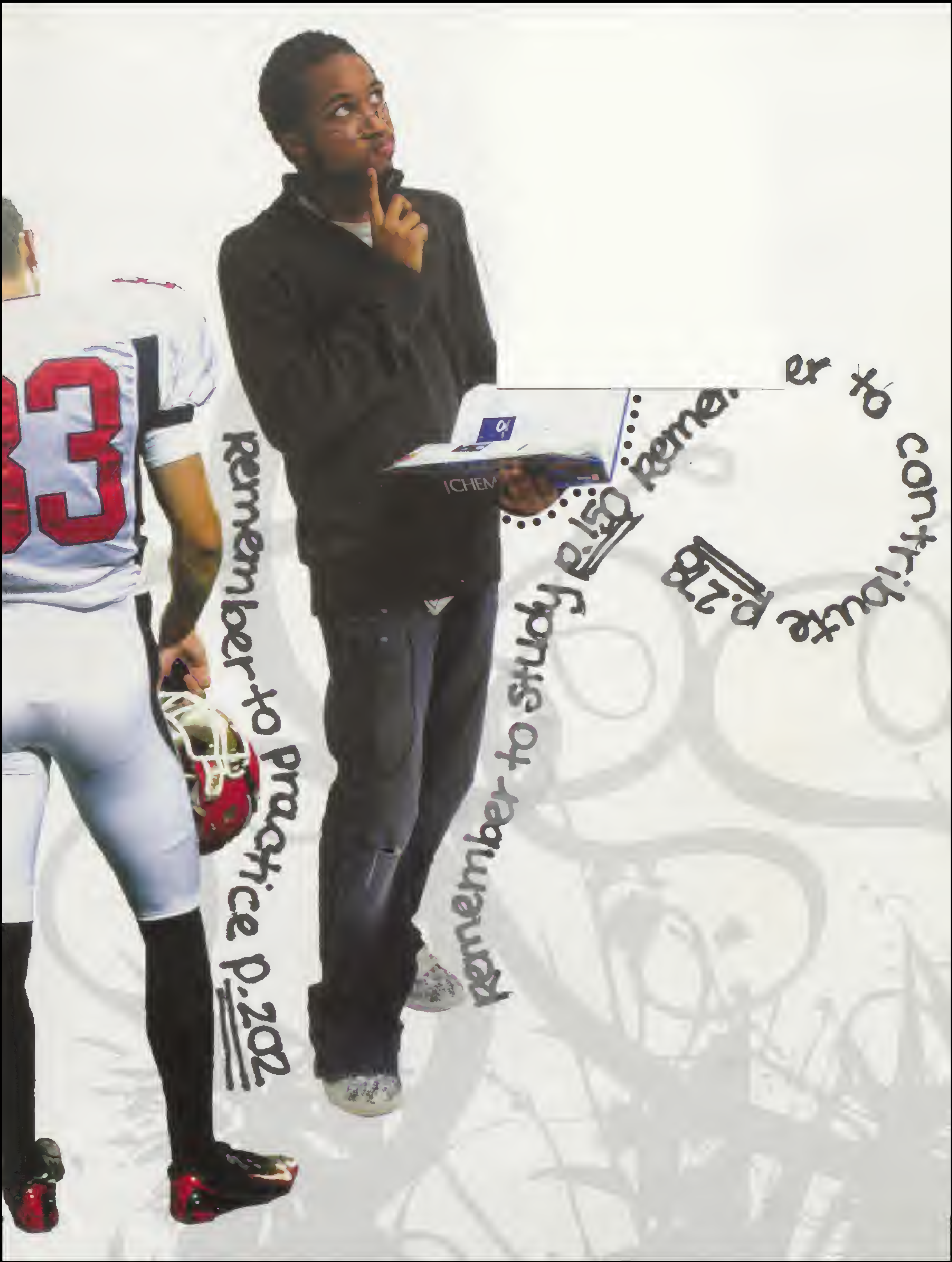
Let's Go! Go red, go black! Go East Attack!

Friday night lights @ 7:30 pm

East High School [illegible]

remember the name p.6

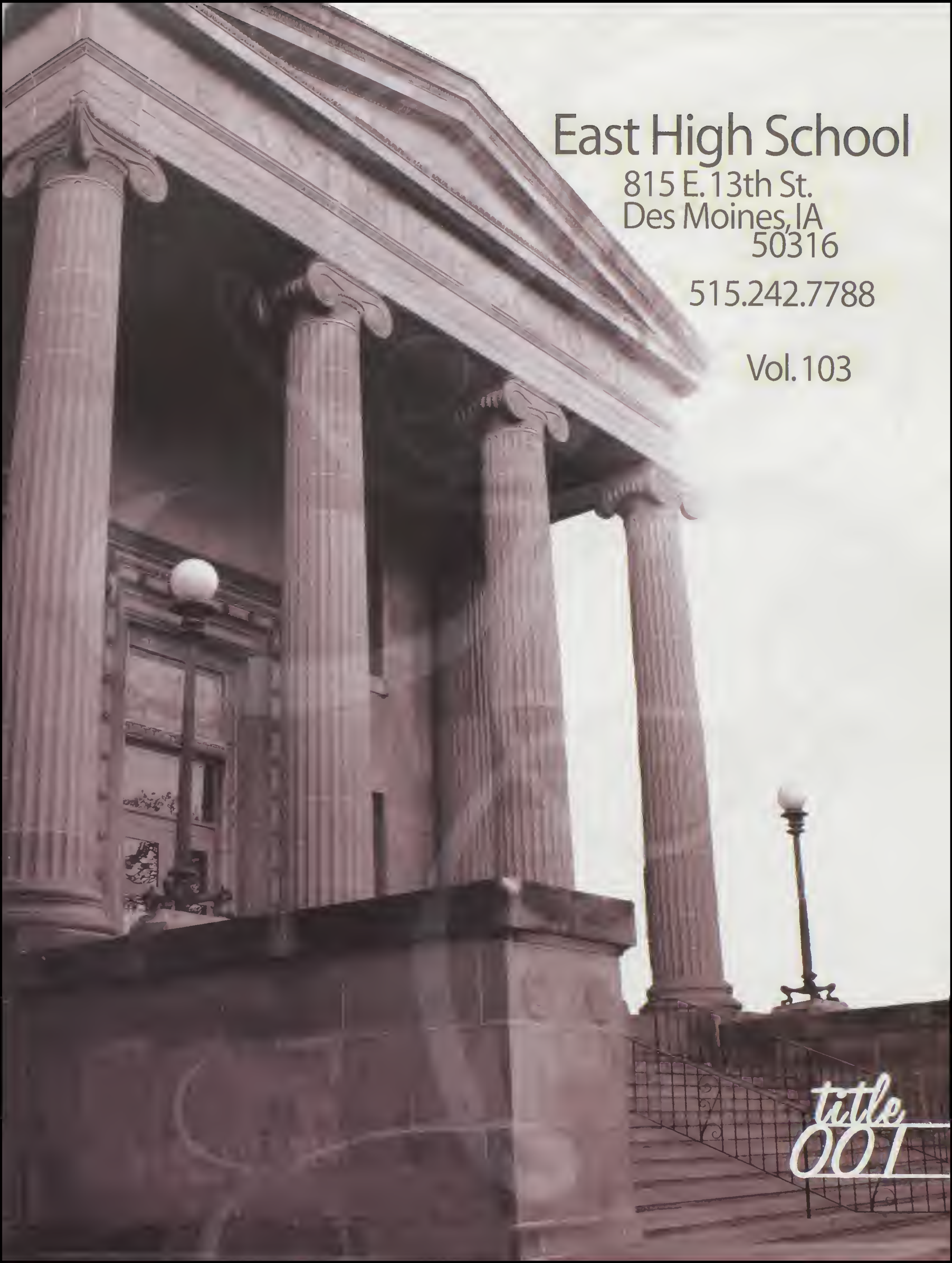
remember to stay involved p.104



Remember to practice p.202

remember to study p.150

Remember to contribute p.278



East High School

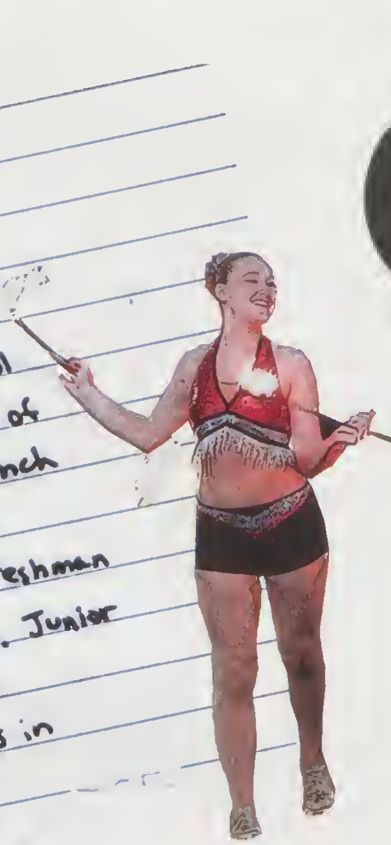
815 E. 13th St.
Des Moines, IA
50316

515.242.7788

Vol. 103

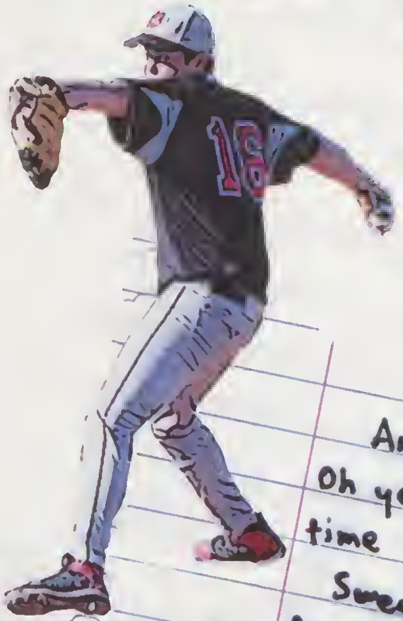
In the words of Bob Marley ; "In this bright future you can't forget your past. The key to the future is embracing your past... you don't know where you're going unless you know where you came from.

Let's rewind to the previous years in your high school career. Back when you were a freshman, the days of the Walker building and walking to McDonald's for lunch everyday... regardless of the sub-zero winter weather. The year of being a sophomore, you're no longer a freshman but you are yet to be considered an upperclassmen. Junior year: waiting your turn to become a senior and dominating the powder puff game for two years in a row (atleast for the class of OH NINE!) ♡



NATIONAL GU
NATIONAL GUARD

here's to the nights we felt alive, here's to the tears you knew you'd cry, here's to goodbye... tomorrow's gonna come too soon.



And last, but most certainly not least: senior year. Oh yes, it's what you look forward to from the first time you set foot inside East as an incoming freshman.

Sweet tailgating, seniority over all the other classes, front row for every sporting event, floor seats for all the assemblies... you've pretty much got it made.

But along with all the perks come AP classes, college essays, petitions to graduate, and applying for your dream school and hoping you receive an acceptance letter.

It's strange how you anticipate the big S-E-N-I-O-R year for so long but when it finally comes, it seems as though this whole high school thing flew by way too fast.

After graduation is all said and done, what will you have to take with you after spending four years of your life behind the walls of East High?

Well, besides your diploma, the most important keepsake you'll have are your memories. As you look back on high school there will be ups and downs but that's what makes it all worthwhile.

Memories you have made can fade very quickly or last a lifetime... it all depends on what you choose to remember. Memories of spending your Friday nights cheering in the best and loudest student section in the CIML, supporting our Scarlets no matter the outcome. And you'll never forget all of the tears shed after the last home game of the season, for some it was the last game they'd see played at Williams Stadium while still in high school, staring at the scoreboard, the bleachers, the field, the Friday night lights... memories of your last four years flooding back all at once.

I'm pretty sure you can see where this is going, it's all about remembering. If there's one thing you should choose to never forget... always, always remember you were a Scarlet.

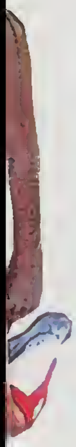
Everywhere we go people wanna know who we are so we tell them we are so we tell them we are the Scarlets ... the mighty, mighty Scarlets. Ooh ahh, oh yeah!

"You measure

SENIORS
60
56
83
41
12
32
83
Scarlett
82
SENIORS 09

Remember the Name

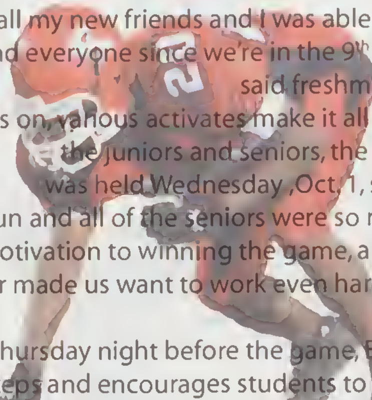
yourself by the people who measure themselves by you." -The Bucket List



Dress Up for Domination

Story/Layout By: Ashley Lovell

Coming back to school can be a drag, but getting pumped for homecoming is nothing. Homecoming is a time to dress up, have fun and get to know people all over again.



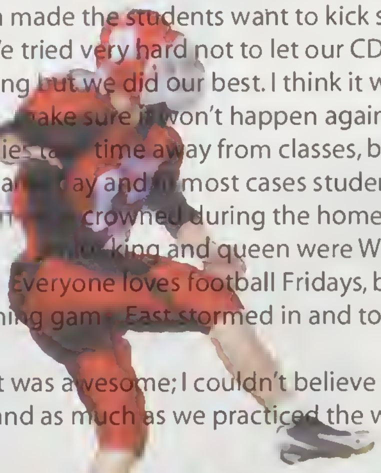
"This was the first dance I've ever been to and it was a lot of fun. I got to go with all my new friends and I was able to know how it feels to be around everyone since we're in the 9th grade building," said freshman [illegible].

As the week goes on, various activates make it all the more fun. For the juniors and seniors, the powder puff game was held Wednesday ,Oct. 1, shortly after school.

"The game was fun and all of the seniors were so ready for this.'Going for two' was our motivation to winning the game, and knowing we won the previous year made us want to work even harder," said senior [illegible].

Traditionally, the Thursday night before the game, East holds a pep really on the front steps and encourages students to come and participate. Listening to the band and watching the steppers and cheerleaders perform made the students want to kick some opposing Hoover butt. .

"We tried very hard not to let our CD ruin our performance; it was skipping but we did our best. I think it went ok and next time we will make sure it won't happen again," said senior [illegible].

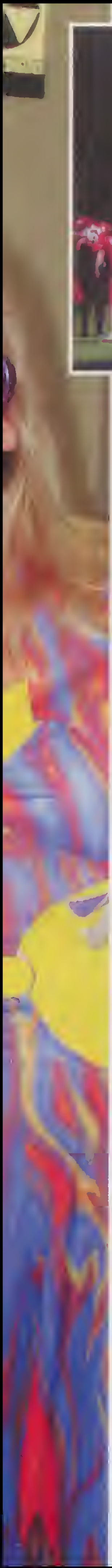


Assemblies take time away from classes, but it's traditional to have one on game day and in most cases students enjoy them. The King and Queen are crowned during the homecoming assembly. This years' senior king and queen were Will Chatman and Katie Prince.

Everyone loves football Fridays, but nothing's better than the homecoming game. East stormed in and took it home with an amazing 49-0 win against Hoover.

"It was awesome; I couldn't believe we did so well. I had faith in everyone and as much as we practiced the work finally paid off," senior [illegible].

running, with scarlet pride, [illegible] (12) runs with the varsity football players as the crowd welcomes them onto the feild.



HOME
3:29
VISITOR
41
3
0
DOWN 1 TO GO ON 10
QTR 2
PEPSI

above, shows how much hard work pays off and the boys took it home and left everyone in the stands proud.

Monday

Neon Day

Tuesday

Twin Day

Wacky Wednesday

Wednesday

Thursday

Decade Day

Friday

* Spirit Day *

raving with royalty

story / layout by : Brittany [illegible]

2008 HOMECOMING COURT

"Just dance, gonna be okay… spin that record babe." The 2008 East High School Homecoming song was "Just Dance" by Lady Gaga which was a perfect fit for the theme, "East High Remix," which stemmed from a rave mentality, equipped with strobe lights and glow sticks.

The theme, as well as most of the dance, was planned by the members of student government and is led by micro/macro economics teacher **Samy El-Baroudi**.

"We had to pick a theme, colors, song, and choose the dress up days. We also created posters, went shopping for decorations, and prepared for the pep rally and pep assembly. We had to work all day Friday and most of Saturday putting all of the final touches together," said student government president **Courtney Morton**.

This year's homecoming king and queen were Will Chatman and Katie Price. They were crowned during the homecoming assembly prior to the game.

"I was pretty surprised when I found out I made court. It's an honor to represent the best class, plus I got to get ridiculously good looking," said senior **Alec Martin**.

After an intense week of homecoming spirit and the 49-0 Scarlet victory over Hoover, it was finally time to get dressed up and have some fun. Ladies have many preparations such as finding the perfect dress, matching shoes, hair appointments, manicures and pedicures, dinner reservations... the whole shebang.

"This year's homecoming was different because I joined student government so I helped set it up. It was really cool though... and my date and I looked ballin'," said senior **Joanna Peters**.

Guys have less to do to get ready, but they obviously want to look good as well.

"I had a gnarly shirt. I thought about putting paint on it at the last minute so it was still drying on the way to dinner but I got it done in time for the dance so it was cool," said senior **RJ Harris**.

With all of the "getting ready" jazz set aside… when all is said and done, the most important thing is to have a good time.

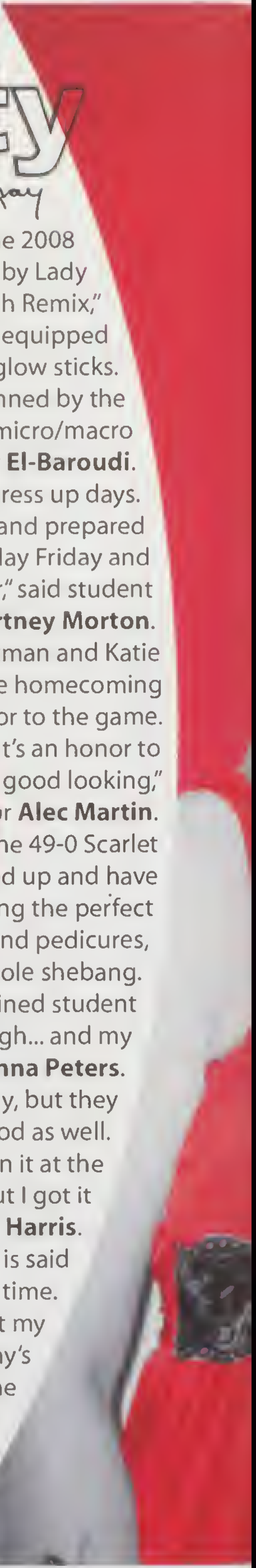
"Homecoming was great and so much fun. I went to get my hair done and then my friends and I took pictures at Gray's Lake, went out to dinner, and got a party bus before the dance," said freshman **Alex Davis**.

It was the first homecoming for some and a last for others, but hopefully it was a fantastic memory for all.

Juniors : Sopheary Bunhoeun and Sean DeGoey

Sophomores : Sarah Sinopoli and Dashawn Cason

Freshman : Skylar Funderburk and James Frazier



The fun starts early on homecoming night for seniors **Katie Price** and **Erica Rockey** as they get done eating at Chicago Speakeasy.

SENIOR COURT
- King Will Chatman
- Jessica Kilby
- Anthony Cross
- Queen Katie Price
- Skylar Johnson
- Alec Martin
- Jasmien Clouse
- Luke Manley
- Brittany Wilkinson
- Eric Feldmann

'09

Love is in the air

"Yeah, L is for the way you look at me, O is for the only one I see, V is very, very extraordinary, and E is even more than anyone that you adore."

February 14, also recognized as Valentine's Day, or as EHS teens put it, the day were they say oh my lord, I forgot to get a gift for my girl/guy.

From cheesy love songs to a dozen roses, many teens share their love and secrets for the day that little Cupid comes.

"Valentine's Day is my favorite. What's any better than a day that you can spend with your loved one and in the same day you can eat as much junk as you possibly want," said freshman [redacted]

Candy, plans, cards and red and pink wear begin to show up a week earlier in the halls at East.

"I love to dress my four year old sister in pink or red hearts," said [redacted] "I like getting all festive!"

Plans- usually ranging from just hanging out to going to dinner were in the back of a lot of sophomore's heads this year.

"My boyfriend and I usually hang go out for dinner, but this year in exchange we did plans a little different. We went to see the hit movie *"My Bloody Valentine-3D,"* said sophomore [redacted].

According to Copper Creek Theatres, many couples showed up on Valentine's Day to see the movie and many of the girls came out holding on to their boyfriends for dear life.

"It wasn't as good as they advertised it to be. They made it look amazing, but instead I was nowhere near impressed," said sophomore [redacted].

Contrary to what you may believe, there are many "Cupid Haters" amongst the Scarlets.

"Ugh… Valentine's Day… HATE IT WITH A PASSION! My boyfriend broke up with me the night before the *"perfect lovey dovey day,"* said an anonymous EHS student. Happiness… not so much.

According to EHS staff and students, many have done this for money needs.

"I worked when I was in high school and it was a decent job, but my girl always asked for ridiculously expensive presents. So instead of spending two paychecks on her, I would break up with her for that week and then ask her back out," said an EHS staff member that would like to remain unnamed.

Along with break ups, there are different scenarios that occurred.

"Valentines Day is usually one of my favorite holidays. This year I hated it. My boyfriend was being a complete jerk and to top it all off, I bought him a present and he didn't get me anything that was new… but instead gave me something of his older sister's," said an EHS freshman.

Passing love notes to passing along kisses, Valentine's Day is here to stay for the haters and the lovers.

Story by Kelsey Kennedy

Story/Layout by: Kaitlyn Carpenter

USSELL STOVER
TERNATIONALE
valentine's day
013

Shooting for a cause

Story/Layout by: Kaitlyn Carpenter

The East High girls' basketball team left their white warm ups in the lockers on Jan. 30 and instead sprinted into East gymnasium wearing their new Coaches vs. Cancer T-shirts.

Opponent Lincoln was also wearing the white T-shirts that read "Hoops for Hope" across the back.

This was the first time Iowa has participated at the high school level in the Coaches vs. Cancer committee. Roosevelt's head basketball coach Paul Doerrfield has served on the committee in Iowa for the past three years and thought it was a good idea for metro-area high schools to participate in because he "was trying to find a way to do more."

Doerrfield talked to all the Athletic Directors in the CIML and they agreed to get involved in the event. The schools all decided to set the admission prices at $10 for the night instead of the regular $5. Five dollars from each ticket went back to the school and the other five went to the American Cancer Society (ACS).

Some schools just did a donation bucket or a 50/50 raffle. North sat out a coffee can for donations. East took it above and beyond that.

East's Activities Department bought shirts for all staff, players, and cheerleaders to wear to the game. They also sold the shirts at the game and the profits went to ACS. The girls' and boys' basketball teams both sold the $10 tickets to family and friends to try to raise more money to support their efforts.

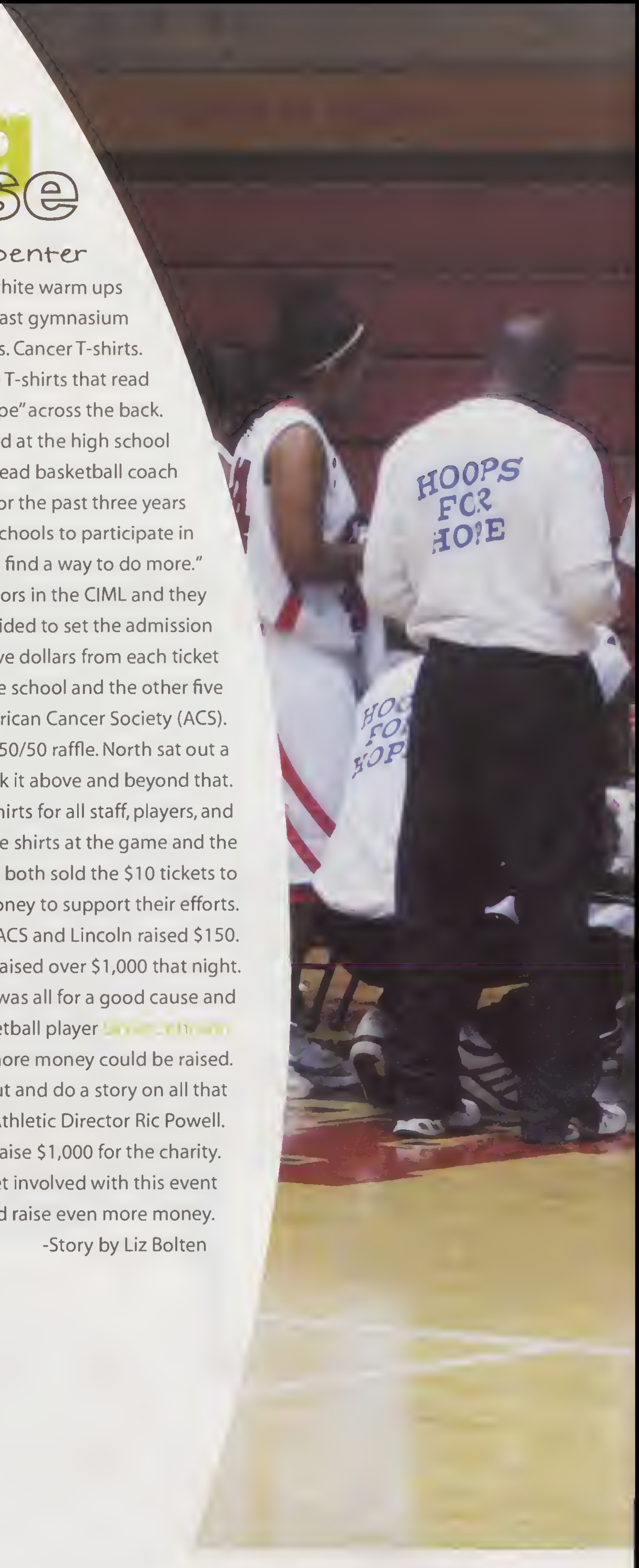
East ended up making over $850 for ACS and Lincoln raised $150. In total the two schools raised over $1,000 that night.

"I'm glad we did all this to support this foundation. It was all for a good cause and I'm glad we got involved with it," said senior basketball player [illegible]

East tried to get a lot of publicity on this event so more money could be raised. "We invited alum Josh Myers from KCCI TV to come out and do a story on all that was going on that night," said Athletic Director Ric Powell.

Doerrfield's goal for his school was also to raise $1,000 for the charity. Doerrfield and a lot of other schools want to get involved with this event again next year and raise even more money.

-Story by Liz Bolten



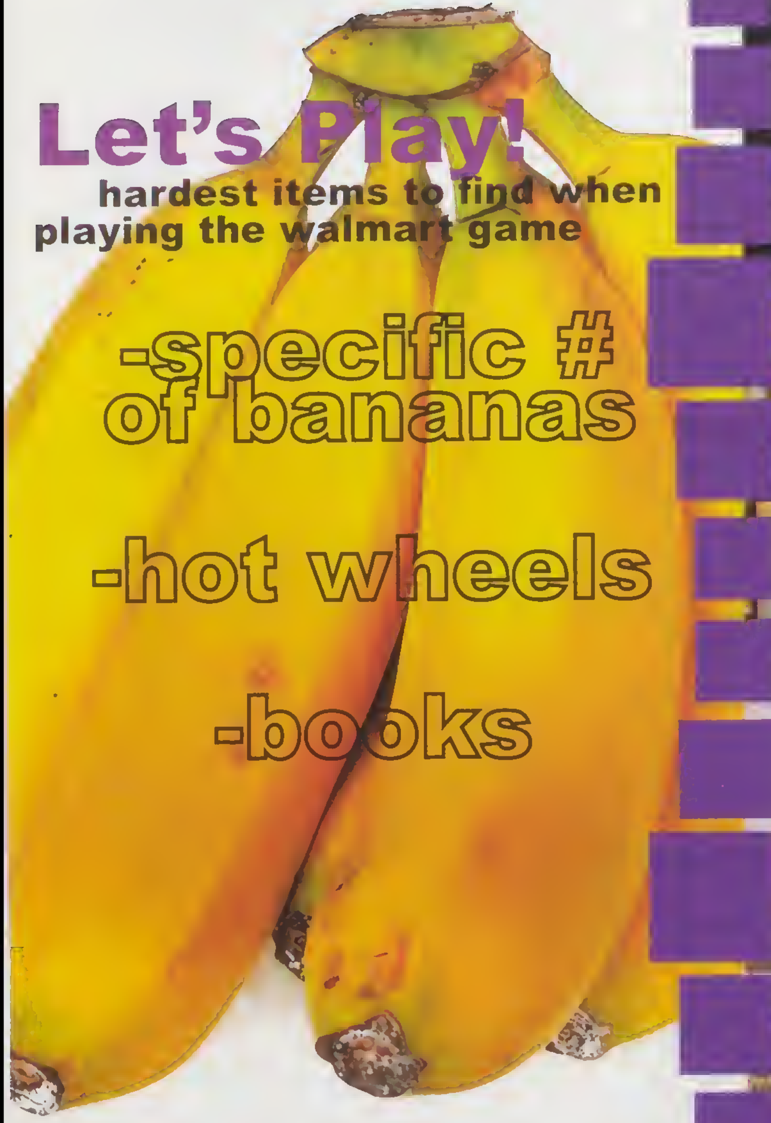
The girls' [illegible]

DES MOINES
EAST
HOOPS FOR HOPE

The cheerleaders do a stunt during the basketball game. Cheerleaders wore Hoops For Hope shirts to support the cause.

coaches vs cancer
Lincoln vs. East

Students show off their Hoops for Hope T-shirts. Many students showed up for the game against Lincoln.

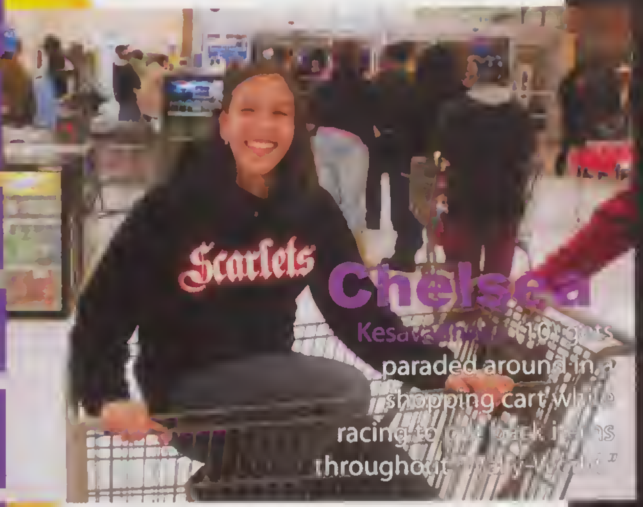


Let's Play!

hardest items to find when playing the walmart game

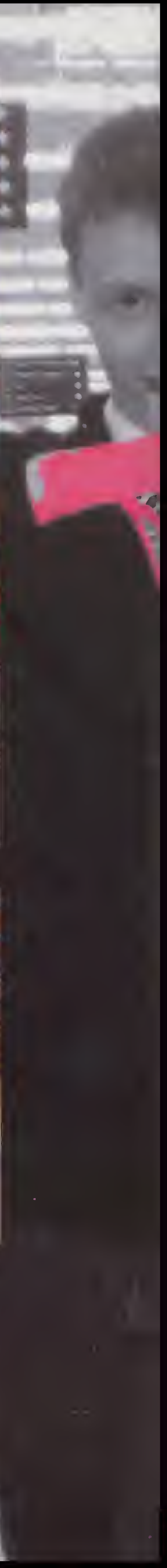
- -specific # of bananas
- -hot wheels
- -books

Under-roos [illegible] gathers ladies underwear to challenge his opponents during their version of the "Walmart Game".



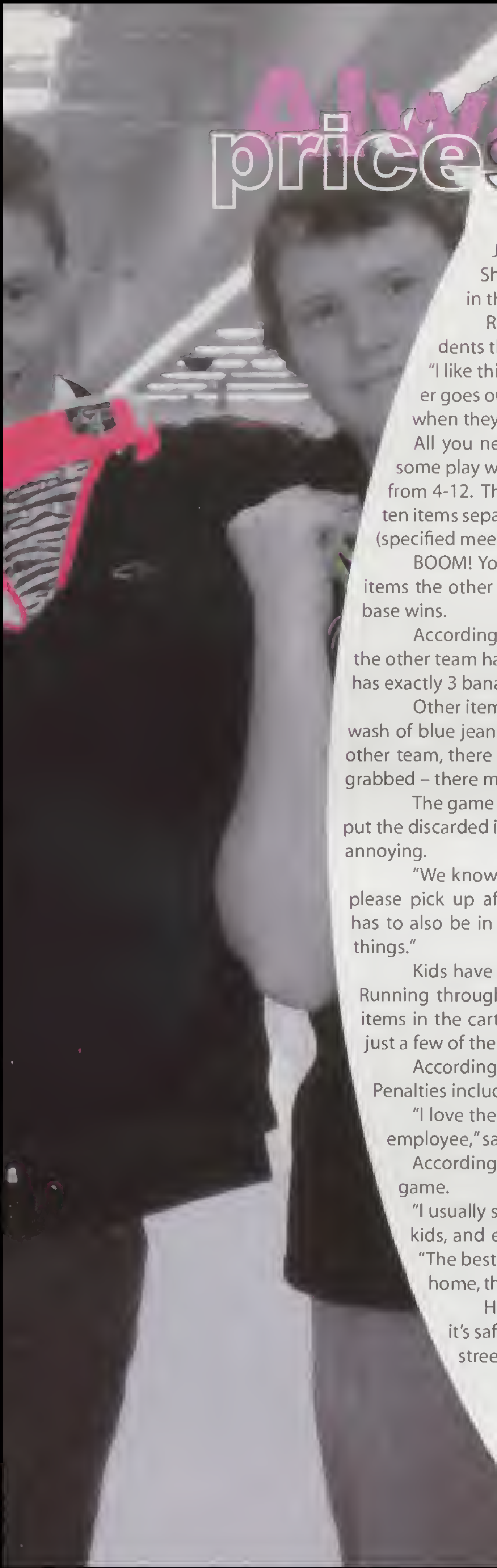
Chelsea Kesav[illegible] (10) gets paraded around in a shopping cart while racing to get back items throughout [illegible].

Finishing their race for time, [illegible]na (10), ac[illegible] (11), and [illegible] Le[illegible] (10) enjoy the spoils of winning.



feature

016



Always low prices...always

Story by Megan Lein / Layout by LaRissa Connett

Junior Kelsey Robinson likes to spend her free time at Wal-Mart. She isn't doing grocery shopping or trying on clothes, she's playing in the aisles with her friends.

Robinson, along with tons of other high school and college students think that the Wal-Mart game is at the top of their fun list.

"I like this game, because unlike childish games it never gets old and never goes out of style. I have met some people over 30 who played this game when they were our age," said Robinson.

All you need to get started is several friends and a shopping cart. While some play with only 2 people, others play with a group that ranges anywhere from 4-12. The object of the game is to split into two teams, and then go get ten items separately. The teams will return with their shopping carts to the base (specified meeting place), and then switch carts with the opposing team.

BOOM! You're off! You're in the race to the finish, trying to find the exact items the other team picked out to put in your new cart. The first team back to base wins.

According to Robinson, the best objects are things like 3 bananas, because the other team has to spend time to look for a bunch that has exactly 3 bananas in it.

Other items that have the best results are hot wheel cars, a certain size and wash of blue jeans, and hair dye. Although it is fun to make it challenging for the other team, there is no cheating allowed. Do not hide an object and whatever is grabbed – there must be a match.

The game is fun for participants, but for the employees who usually have to put the discarded items back in their original location – it can get a bit annoying.

"We know kids like to have their fun, and it is okay that they play this, but please pick up after yourself," said Wal-Mart employee Janice Smith. "Everyone has to also be in mind of others. Being respectful and responsible are the main things."

Kids have been known to get a little outrageous when playing the game. Running through the toy department at Superman speed, having condoms as items in the cart, and modeling the new wonder-bra in the lingerie section are just a few of the weird things kids get carried away with.

According to Smith, getting carried away does have some consequences. Penalties include a warning or a temporary restraining order from the building.

"I love the trill of maybe getting caught. I actually got yelled at once by an employee," said junior Ariel Major.

According to Robinson, there is no certain age group that plays this game.

"I usually see teenagers playing, but I have seen middle school kids, college kids, and even some fun-loving adults playing the game," said Robinson. "The best time to go and play is at 3 in the morning, when managers are at home, the store isn't crowded, and you can get away with a lot more."

However the Walmart officials may argue against this past time, it's safe to say that this is a better hobby for kids to keep them off of the streets.

Freshmen

Manuel Acosta
Julia Aguilar

Austin Ahl-Jones
Jennifer Alarcon
Irelan Allen

Oscar Alvarez
Taylor Anderson
Evelin Andrade
John Andrews

Rachel D. Avant
Riley Bacon
Andy Bahena
Megan Bailey
Travis Bales

Laycee Barnard
Travis Barr
Miguel Barron
Tyler Barsetti
Matthew Basham
Travis Bass

Jordan Bates
Ashley Baumgardner
Ariana Bautista
Milagros Bautista
Devin Bekish
Austin Bellis
Zachary Benevento

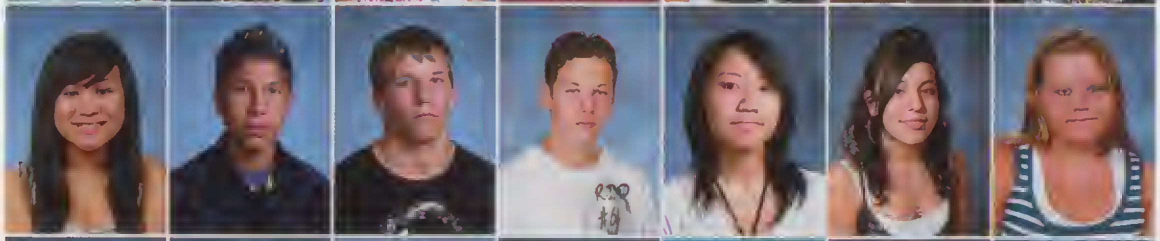
Julie Bentley
Luz Bermudez
Kasie Blaine
Paige Blair
Benjamin Bolten
Hailey Boman
Johnathan Boner

Javier Bos
Colton Bostwick
Taylor Bougher
Robert Bowman
Kaytlyn Bradish
Cheryl Branson
Joshua Brawdy

Ashley Brooks
Matthew Brouwer
Ashley Brown
Cody Brown
Donte Brown
Kathrine Brown
Raeniece Brown

Raymond Brown
Rosa Brumfield
Caitlynn Bruscher
Darrionna Bryson
Philip Bui
Tyler Burchett
Katherine Burns

Marissa Burns
Damon Buttrey
Justus Buttrey
Jose Calderon
Joycelin Calderon
Catlin Caldwell
Alex Calkins



Kayla Cam
Cristian Camacho
Anthony Campbell
Randy Campfield
Ngoc Bao Cao
Tania Cardenas
Kami Cardines

Melissa Cardines
Jacob Carlson
Antonio Carrillo
Andrew Carroll
Katy Casey
Conner Cashatt
Travis Cavan

Maria Ceballos
Ricardo Ceballos
Derek Chapman
Joel Christiansen
Emalie Cipale
Tereasa Clair
Jama Clayton

Jeremy Clearwater
Shawnice Collier
Caleb Conner
Jorge Contreras
Jose Contreras
Vanessa Contreras-Colunga
Nathan Cort

Kaitlin Cortez
Aaron Coyle
Melissa Craig
Ben Craighton
Cody Crane
Lindsey Cronk
Emma Cross

Whitney Culp
Alexes Cummings
Blake Cunningham
Jacob Cunningham
Shelby Curry
Carissa Curtsinger
Courtney Custard

Sky Dale
Curtis Dantzler
Alexandra Davis
Barbara Davis
Dalton Davis
Jocelyn DeAvila
Melissa Deerr

Manuel Delgado
Nyachudier Deng
Sharayah Devick
Jesenia Diaz
Razaz Dieu
Aldo Dominguez
Diana Dominguez

Allen Dudley
Austin Dueling
Karisha Duff
George Dunlap
Zackary Dunn
Amela Dupanovic
Sovanny Ear

Zachary Eddinger
Dominique Edwards
Jeanne Edwards
Caitlin Ely
Alyssa Espinoza
Gladys Espitia
Tyteana Estes

Special Olympics

By: Madison Kasper

Coach **Randy Nordaker** made having a Special Olympics team possible for East. His students participate in activities such as volleyball and bowling from September to October, ice skating and basketball from December to February and track and field and swimming from February to May.

"I enjoy being the coach because I really like spending time with the kids and getting to know their families. The school staff does a great job supporting us," said Nordaker.

The Special Olympics team travels to colleges and competitions. When they compete they are set up with teams that are close to the same skill level.

Anabel Estrada
Daniel Evans
Tenea Fabray
Joshua Falcon
Curtis Farrell
Paul Fausett
Bethany Faux

Summer Ferguson
Jessie Fessler
Riley Fisher
Allison Fitzgerald
Michael Fitzpatrick
Sarah Fitzpatrick
Anna Flickinger

Scott Folsom
Hannah Ford
Kayla Ford
Lacey Formaro
Lloyd Frank
Benjamin Frazier
James Frazier

Jarika Frencher
Alissa Frey
Heather Fulford
Skylar Funderburk
Samantha Garcia
Tyrod Gardner
Alicia Gearhart

Brandon Gerke
Zachary Gibson
Connor Gish
Melissa Godoy
Taylor Gomez
Sebastian Gonzalez-Valenzuela
Jacob Gracey

Foreign Exchange Students

By Kate Hurley

East hosted three foreign exchange students this year: **Annika Schulz** from Germany, **Garba Munkaila** from Nigeria, and **Yana Korniltseva** from Russia. They stayed for the school year with separate host families.

Exchange students come from all over the world and stay with a host family, which has to pass a thorough background check before being approved.

All host families volunteer and have to provide the student with a room, their own bed, and three meals a day including their school lunch.

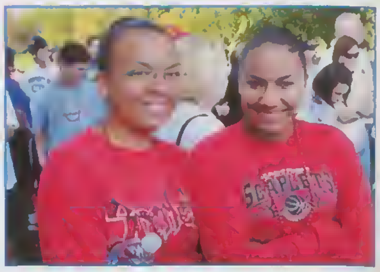
Teacher **Vidal Spaine,** who helps with exchange students and works with U.S. Sate Department American Councils, said, "We encourage students to talk to their families about becoming a host family; it's a great experience."

"I really like being here. I've made a lot of friends and I go to as many school events as I can; it's very fun," said Schulz.

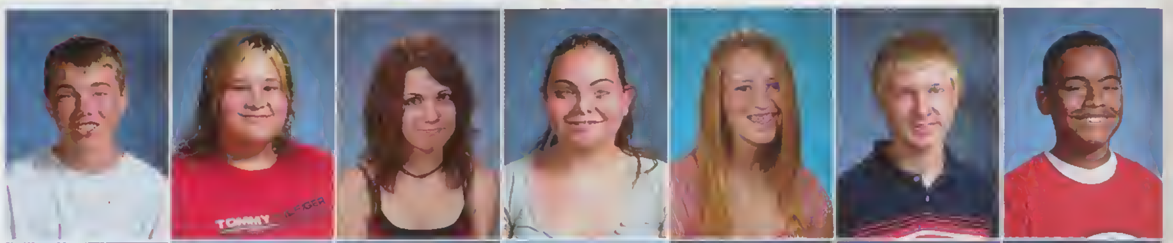
Alzheimer's Chain Link/Walk

On September 27, many EHS teachers and students joined with a group of nearly 600 people who raised $87,000 for Alzheimer's awareness in the Alzheimer's Assoc. Memory Walk in Des Moines .

by: Layla Schwartztrauber



Richard Graham
Katelynn Green
Samantha Green
Kara Grett
Jessica Grochala
Zachary Gronewold
Alexander Gross



Paige Groves
Kennita Grutel
Dulce Guerrero
Deontazsha Gunn
Joshua Hague
Channell Hall
Samantha Halsten

Alicia Hammernick
Cierra Hampe
Levi Harrington
Brandon Harris
Daniel Harrison
Austin Hatfield
Robert Heathcote

Austin Hedlund
Danniel Hem
Mickey Henderson
Brandon Hendrickson
Alexander Hensley
Rosalie Henson
Coree Herman

Jessica Hernandez
Karla Hernandez
Leticia Hernandez
Manuel Hernandez
Armando Hernandez-Urzua
Sarah Higgins
Trevor Higgins

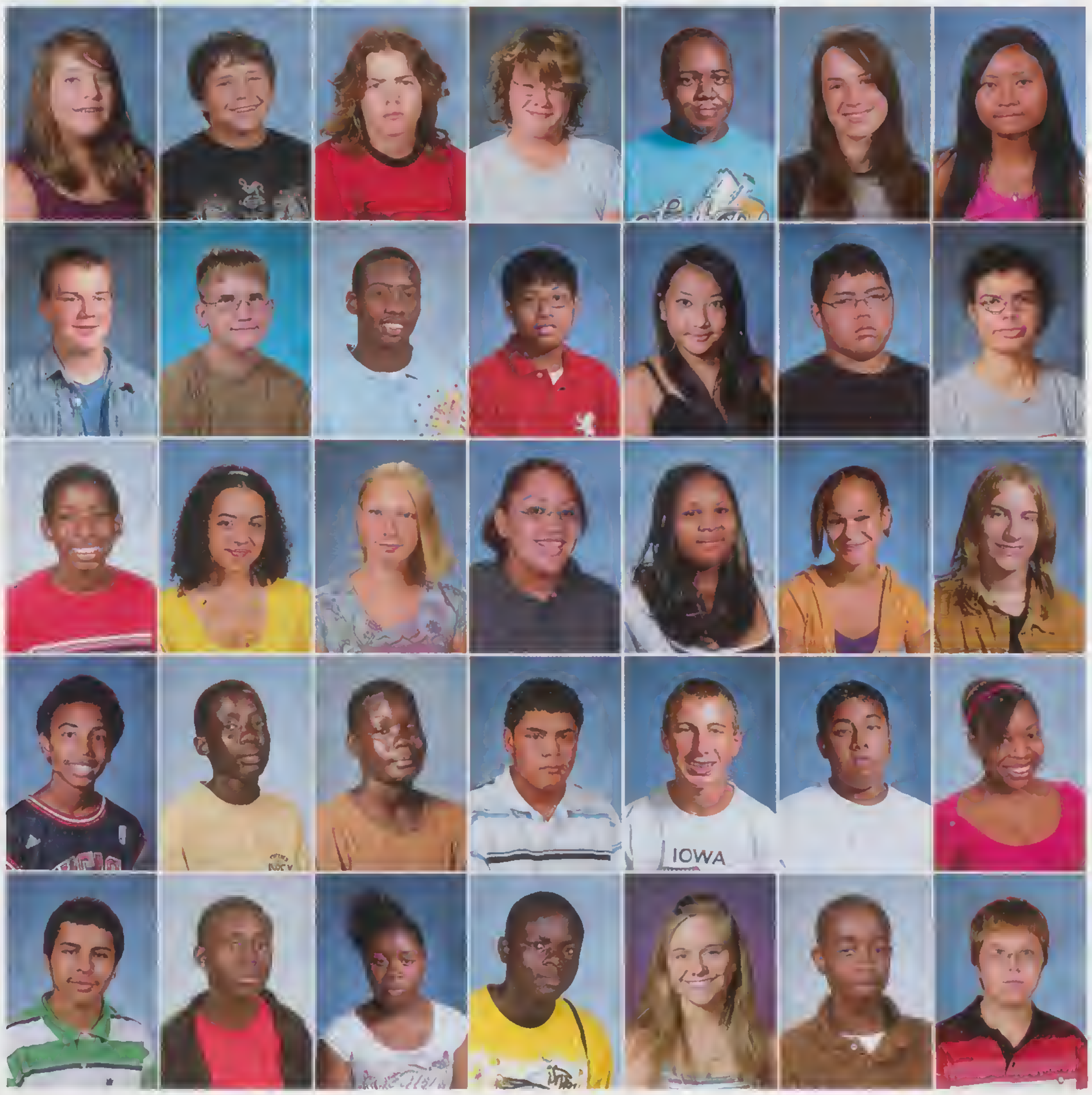
Food drive

The East food drive kicked off November 6. The food was given to two different corporations: Combat Hunger, which picked up the food in late November, and the City of Des Moines, which picked up food on December 11.

"Although we didn't receive as much food as in previous years, it was an OK turnout," said Samy El-Baroudi, who was in charge of the food drive.

By: Kylie Vry

Macaroni & Cheese
Soup & Oyster Crackers
easy
COMBAT HUNGER
E



Kristel Hill
Zachary Hilt
Jay Holmes
Erika Hood
Demarkus Horton
Rachel Houck
Vanada Houn

Drew Hurley
Phillip Huxford
Loanga Ingoli
Preston Inrachavongsa
Diana Inthaboune
Juan Iruegas
Janelle Jackson

Jacorey James
Lanae James
Ashley Jeffries
Alyssa Jernstad
Qnique Johnson
Alicia Jones
Forrest Jones

Salat Jones
Samuel Joseph
Simon Joseph
Edemir Joyas
Ryan Joynes
Mark Juarez-Martines
Cheyanne Jumper

Ramiro Jurado
Victor Kamara
Lovetee Kanneh
Tody Karlar
Erica Kellogg
Chukwuebuka Kemdirim
Bryan Kern

NHS tulip planting

By: Nadia Tyler

National Honor Society (NHS) students planted tulips and daffodil bulbs in front of East by the flagpole. They did this on Thursday, October 30, to further beautify the school grounds.

The students who helped out and are in the picture at right are: senior **Jennifer Chang**, junior **Zachary Flickinger**, junior **Teighlor Gutierres**, seniors **Jessica Kilby** and **Kyle Omundson** and junior **Devan Stuve**. They had help from Master Gardener **Christie Flickinger**. Flickinger also donated the bulbs for the planting.

Jessica Kincaid
Chae King
Kadijah King
Samuel Kinter
Amber Knox
Kristina Knuths
Deserae Kofoot

Erika Kommavongsa
Nathan Kouangvan
Wesley Kreutz
Ignacio Landeros
Teresha Landers
Brandon Lane
Haley Larson

Danijel Lastro
Brandon Lautenschlager
Brennan Lawrence
Kiet Le
Daniel Leanos
Jorge Ledezma
Alex Lester

Justin Leuang
Cierra Lewis
Gabriel Lewis
Todd Little
April Llano
Brandon Long
Berenice Lopez

Jennifer Lopez
Samantha Lopez
Yadira Lopez
Julie Lord
Tori Lord
Valerie Lorimor
Chantal Lowe

Maricela Lozano
Jose Lupercio Perez
Itzel MacEda
Vitaliy Makhmuryan
Esmeralda Maria-Mendoza
Vanessa Marin
Miranda Mason

Zachary Mata
Jacob Maurer
Michael Maurer
John Mburu
Casey McCartney
Darrion McCaughey
Albert McCormick

Taylor McDaniel
Nathaniel McDonald
Tanner McGriff
Kaylee McKay
Ashley McMenamin
Joshua Meinke
Anel Melendrez

Matthew Mendenhall
Rodolfo Mendoza
Joshua Michael
Shelby Midthun
Preston Mila
Alysia Millan
Cole Millard

Jonathan Millard
Josie Miller
Todd Miller
Jovi Mom
Donald Mongar
Kenzi Mongar
Neftali Montesinos

FALL KICK-OFF!

By: Madison Kasper

On August 22, East's Fall Kick-Off event gave every fall team a chance to show off what they'd been working on and to get a head start for their upcoming season.

All of the team players went to each demonstration and cheered for one another. All football, Stepper, cheerleading, girls' swimming, cross country, Color Guard, band and volleyball members participated in this event.

"I really like going to the Fall Kick-Off because there's a really big crowd and everybody's there to cheer our teams on," said sophomore **Brenda Baccam**.

Francisco Morales
Brandon Morgan
Michael Morrison
Jordan Morrow
Geoffrey Most
Alisha Mullin
Jasmin Munoz

Cole Myers
Ashley Nash
An Nguyen
Justin Nichols
Kaleigh Nichols
Michael Nicholson
Diamondniq Nickens

Jordan Niffenegger
Stephanie Nowels
Jacob Nutt
Jeffery O'Brien
Michael Olgren
Brittney Oliver
Lucy Olmos

Brandon Orlando
Kierra Osborn
Ashley Overton
Kevin Owen
Bobby Page
Nicholas Page
Gerald Palmer

Philips Palomeque
Perla Paredes
Kalsa Parker
Stephanie Pathammavong
Nicole Patrick
Angela Pauscher
Adrian Perez

Raymond Perez
Dustin Peterson
Ravary Phaviset
Matthew Phipps
Shauna Pierce
Dylan Pol
Cody Pollock

Stacie Post
Marilyn Potter
Merissa Proctor
Kaylee Putzier
Skylre Quang
Stormy Rand
Gillian Randall

Arthur Randolph
Landon Randolph
Dylan Rangel
Felicia Rangel
Anthaniee Ratsakanh
Daniel Ratterree
Levi Reasoner

Alexis Reber
Reba Reber
Cody Reed
Rykiel Reeser
Jazmyne Reich
Araynna Reid
Mercedes Reynolds

Matthew Rinner
Casey Ritsema
Rodney Robbins
Talon Robbins
Devon Roberts
Stephanie Robertson
Sterling Robinson

Mayra Robles
Angelica Rodriguez
Brenda Rodriguez
Ricardo Rodriguez
Rocio Rodriguez
Yeltsin Rodriguez
Damon Rodriquez

Jennifer Rogers
Aubrey Roland
Miracle Roland
Joshua Rounds
Kristina Rounds
Andy Rowe
Raven Rowley

Christian Royce
Courtney Royce
Matthew Royce
Jovani Rubio
Christian Ruby
Jonathan Ruiz
Marilyn Ruiz

Alexa Rusk
Jesse Ryan
Jeanda Sakakhanone
Carlos Salas
Juan Salas
Stephanie Salazar
Ahmed Sama

Jordan Sams
Omar Sanchez
Tremier Sanchez
Felipe Sandoval
Larri Santos
Yanet Santos
Yariss Sauz

Chance Scott
Rene Senecaut
Arnold Sengsirivanh
Jaime Sevillano
Tyler Seward
Deandre Sharkey
Thomas Sharp

Logan Shaw
Jeremiah Shepherd
Christian Sherwood
Daniel Shoafstall
Cassandra Siders
Trista Sierra
Abigail Sigmund

Julia Sigmund
Carmen Silva Trejo
Ashley Simpson
Grant Simpson
Desaree Singleton
Jayde Sleeth
Jason Slight

Darrell Smith
Evan Smith
Janie Smith
Joshua Smith
Lindsey Smith
David Sowder
Joseph Spaans

John Spratt
Noah Stallworth
Radenko Stankovic
Erin Stanley
Dylan Steben
Nicholas Steinbach
Amanda Steines

Sierra Stephenson
Heather Stilson
Dominique Stone
Scott Strable
Johnathan Straley
Dillan Struecker
Shane Sullivan

project Sewing Machine

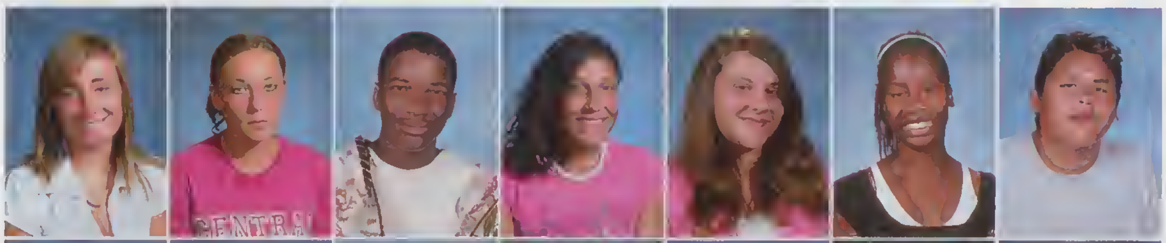
Students sign up to be in this group during the spring. It helps them learn to save, be goal-oriented, and learn how to finish what they start. Students that join are required to participate in three semesters of sewing and/or fashion. Along with participating, they must save $5 a week for 40 weeks. Deann Hebert, the coordinator, helps the students by raising money. After fulfilling the requirements, the students are able to purchase computerized sewing machines from Metro Sales and Service. These computerized machines usually cost $600, but the students get one for just $200.

...by Ambreyana Jones

Make A Wish

Softball players put down their bats and gloves last winter and picked up a hammer instead. The players went to Jolly Holiday Lights and helped change lightbulbs and put up banners throughout the showcase. It may have been cold and snowing throughout the afternoon, but the players enjoyed helping set up something that would help the Make A Wish Foundation raise money for their cause.

...by Kaitlyn Carpenter



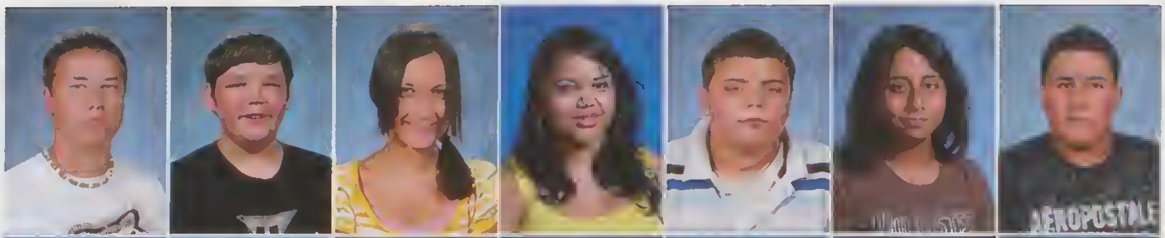
Angel Summers
Shylo Sziber
Pierre Talton
Sierra Tate
Anna Taylor
Chavia Taylor
Danniell Terrazas

Efren Terrazas
Manuel Terrazas
David Thacker
Michael Thomas
Nicholas Thomas
Spencer Thompson
Kyle Thomson

Leanna Thun
Zakary Titus
Shaylyn Toelle
Felipe Torres
Bradley Treanor
Christian Trejo
Guadalupe Trejo

Javon Trejo
Phat Truong
Amanda Tucker
Frank Tully
Aminata Turay
Shyreka Turner
Christopher Tutje

Nicole Underwood
Wendy Uribe
Arnoldo Valadez
Nataly Valdez
Christian Valenzuela
Cori Jo Vance
Jessie Vance

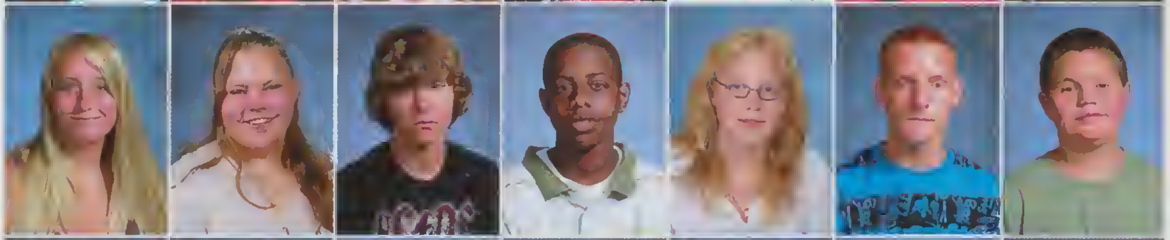


Kyle VanderZyl
Robert VanDyke
Lily VanGundy
Yesenia Vargas
Dalton Vaske
Lidia Vasquez-Cristales
Jose Venegas

Mayra Verduzco
Nicholas Vernon
Jose Villa-Navarro
Snezana Vojvodic
Haley Wade
Jacob Wagner
Crystal Walker

Chelsie Warren
Dylan Warrick
Austyne Waters
Jacob Waters
Shaylon Waters
Summer Weinman
Rayann Wells

Markie White
Megan Whitfield
MacKenzie Whittington
Cody Wilkinson
Duncan Williams
Wade Williams
Nicklas Williamson



Dakota Willson
Brooke Wilson
Caleb Wilson
Quincy Wilson
Kaly Wolfe
Joshua Wollesen
Joshua Wood

Sadie Woods
Katelyn Worple
Anthony Worthington
Cephus Wright
David Wright
Tarif Wright
Tony Xaysana

Sonny Yang
Connadeno York
Cameron Young
Nathan Young
Tiffany Zuniga

Don't forget us...

Jordan Abeling
Julius Blakeley
Shakhur Browder
Andrew Buchanan
Sara Cedra
Matthew Connor
Simon De Avila
Jessica DeAvila

Rogelio DeLaRosa Jr.
Amanda Doyle
Hannalee Dudley
James Duncan
Harold Dunlap
Karina Esparza
Savon Eubanks
Gregory Flippo

Taylor Fox
Cynthia Gallardo
Alejandro Garcia-Rodriguez
Johntraill Gipson
Calista Gomez
Oscar Gonzalez
Michael Harris
Farah Hashim

Hashim Hashim
Ramello Jefferson
Luis Lopez
Manny Martinez
Oscar Morales-Reyes
Yesenia Ochoa
Dereck Pemberton
Bernard Penelton

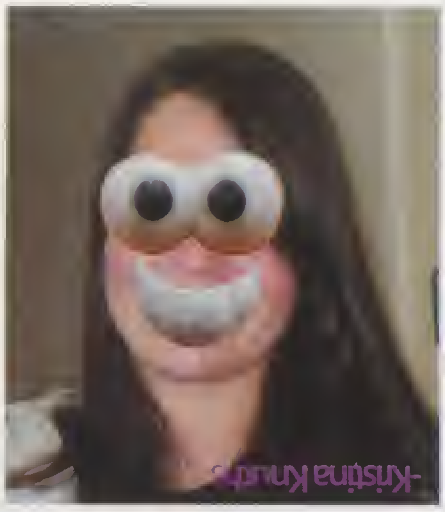
Derrick Penelton
Marcxo Plascencia
Christopher Prater
Austin Prescott
Demarkus Ruckman
Ricardo SanElias
George Sims
Ryan Smith

Prince Tarlue
E'Lexis Tolson
Rosa Ventura
Joanna Villalba
Jacob Waters
Emily Weihs

guess WHO...

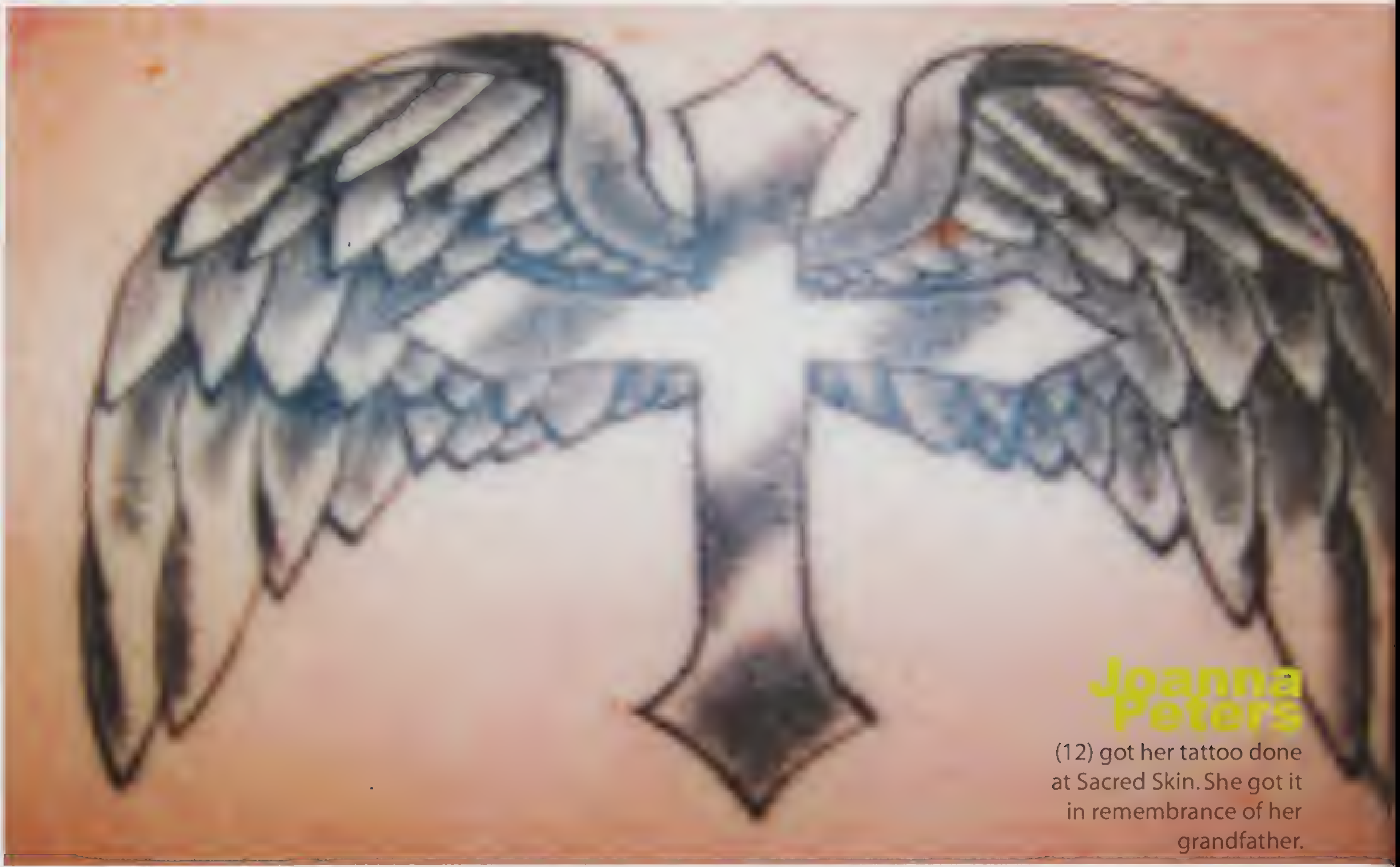
It might not be so easy to tell apart these disguised freshmen. Try and guess who they are:

-Blake Cunningham


-Kristina Knuths

-Jasmin Munoz

-Paige Grobes



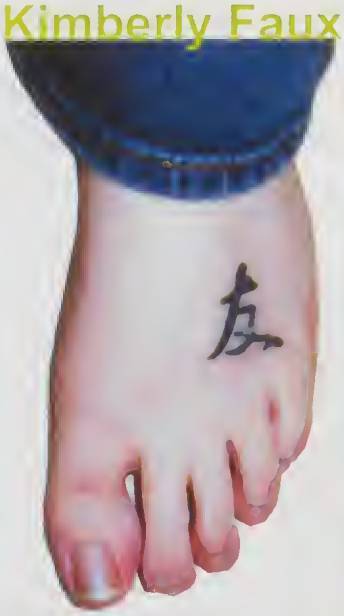
Joanna Peters

(12) got her tattoo done at Sacred Skin. She got it in remembrance of her grandfather.

most painful tattoos

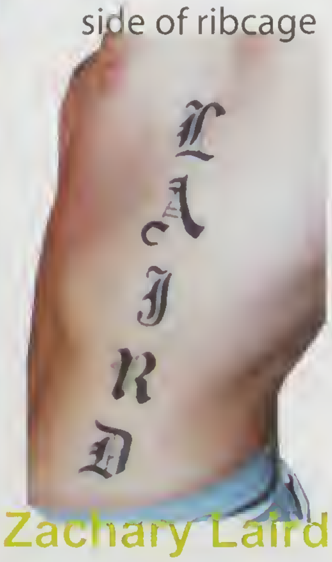
according to tattoo artists of Sacred Skin

Kimberly Faux



top of the foot

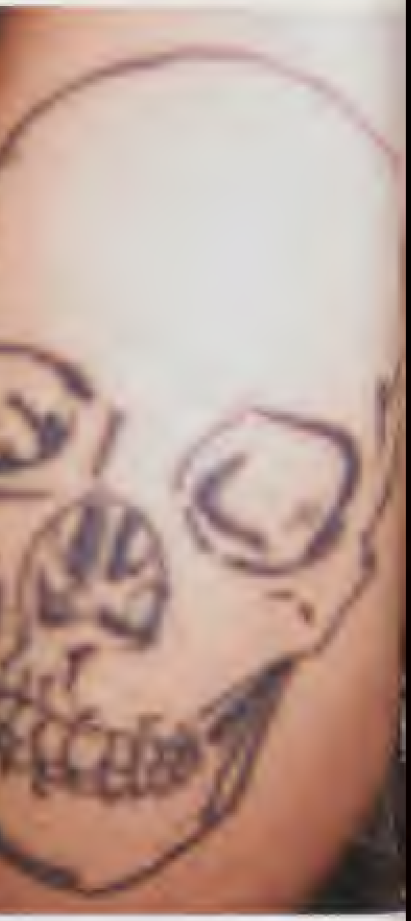
side of ribcage



Zachary Laird

Omar Patino

(12) has a tattoo he got from his brother. Since then he has gotten one more and plans to add on to this one.



it's worth the hurt

Story/Layout by: Layla Schwartztrauber

When teenagers turn 18 the first thing everyone thinks about doing is getting their first tattoo. For some teens it comes before 18. But what is a tattoo really? A way of showing something you really like on your body, or a permanent mark of what you used to like?

When teens are thinking about getting a tattoo there is many different options of where they could get the tattoo done. Skin Kitchen, 5 point, Sacred Skin, East Side ink, and many more. There is also the thought of where on your body: your arm, your leg, your chest, or possibly even your forehead.

"I have a tattoo on my back and it's of my name, I got it because I am really close with my family and being a Wilson is important to me," said junior [illegible].

Many students at East who have tattoos had thought about getting one for a long time and had their plan thought out and ready, but for others it was a sporadic moment where they saw something they liked and couldn't resist.

At most tattoo shops, you go in and give them a drawing of what you want or you tell them what you want and they draw it for you. Then they scan it to what size you want. Next they place an ink print on your desired place for the tattoo; finally they begin.

"I will never get a tattoo. I think that a lot of the people in high school who get tattoos will regret it when they are old and wrinkly and can never get rid of it," said junior [illegible].

"I think tattoos are a good idea because it is a good way to show people something that means a lot to you or something that you really care about," said Wilson.

When you get a tattoo, the artist uses a gun that has a very small needle that goes very fast. The needle has a small container of ink on the back of it. If you are getting a tattoo with color, they always start out with just black and add the color in last.

Many students think of their body as a temple, but some think of it as a drawing board and for whatever reason they choose, they cover their skin with color and design turning it into a piece of art.

Courtney Morton (12) got a tattoo of [illegible]more which means [illegible]ve in Italian. "Love [illegible] thing that [illegible]," said Mort[illegible]

Sophomores

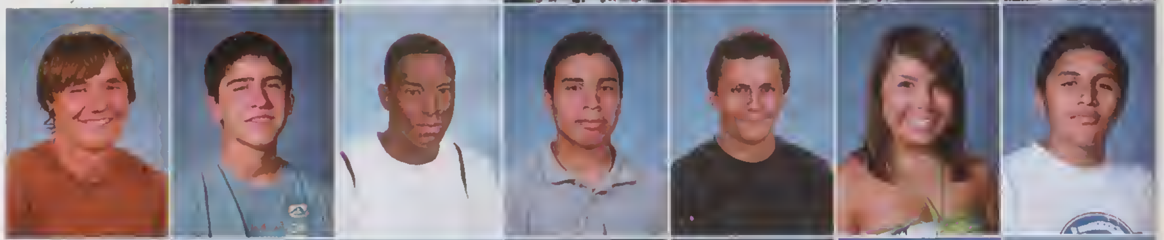
Thomas Ray Allen
Taylor Allgeier

Mireya Alvarez
Yesenia Alvarez
Jorge Ivan Amaro

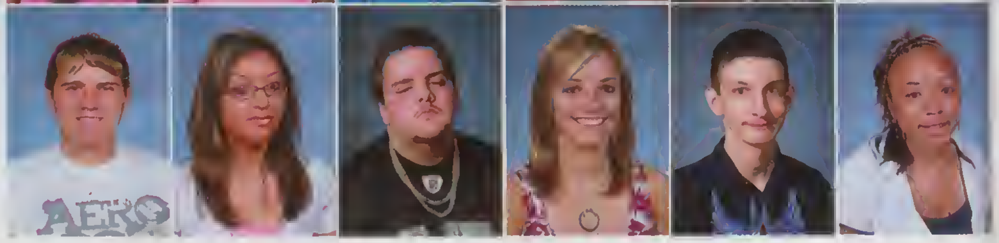
Carina Ambriz
Rachel Anderson
Daniel Andrade
Cedric Tyler Arcella

Jessica Archer
Juan Arellano
Marina Arredondo
Hannah Aschan
Shabree Austin

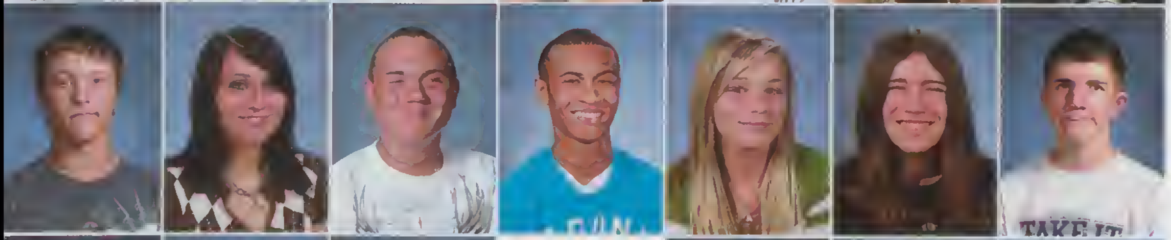
Brenda Baccam
Patrick Baccam
Treynor Baker
Richard Lyle Baltzley
Brian Banegas
Anthony Barcelo


Eric Beattie
Robert Beerbower
Charles Bellaphant
Raymond Benitez
Jonathon Bennett
Vancy Bergan
Erick Bernabe

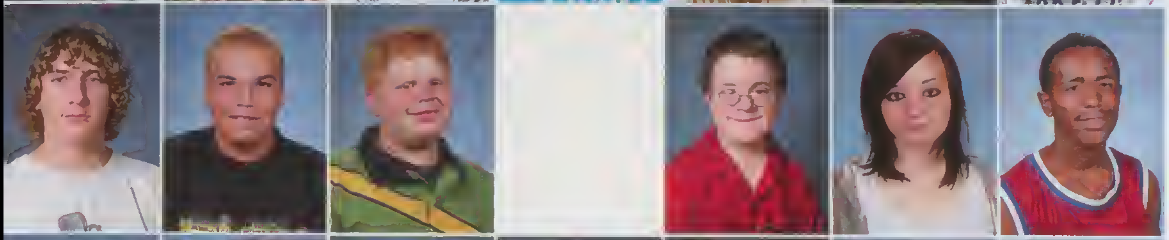
Cesar Bernal
Adriana Bibian
Nyador Bilim
Taylor Bimbi
Amber Bishop
Lauryn Bishop
Matthew W. Blackford


David Blacksmith
Cynthia Blanco
Phillip Boggs
Elizabeth Bolten
Luke Boner
Raven Booker

Kyle Bosley
Adam Bostwick
Kody Boyle
Mariel Bradford
Shawn Branchcomb
Alyssa Brandt
Zakkary Brannen



Zachary Brewer
Chelsea Brickles
Travis Briley
Michael Brown
Stacie Brown
Travers Brown
Brandon Bruscher



Robert Buell
Caleb Bunnell
Nathaniel Burnett
Dillon Burns
Devin Butler
Alontae Butts

Shronda Butts
Ashley Byrd
Kodey Campbell
Miranda Cantrell
Donald Carolus
Travail Carothers
Ronald Carter

Brittney Casey
Dashawn Cason
Shannissy Catron
Na'Day Chandler
Kensie Channon
Antwonn Chatman
Da Zaundra Chatwood

Marna Chotkuach
Desmond Chretien
Andrew Christian
Friday Chuol
Jordan Cirksena
Brittney Clark
Montez Clark

April Marie Clements
Dalton Colby
Stefan Collier
Celeste Colunga
Ciera Cone
Craig Conkel
Samantha Conn

Antonio Joel Contreras
Emily Cook
Krysta Cook
McKenzie Cook
David Cordero
Gustavo Correa
Jesse Cortez

THE ACE OF TRADES

BY: KYLE OMUNDSON

Building and renovating structures is a complex process. This year, members from East, as well as other high schools near Des Moines, had the opportunity to work with local architects, contractors, and engineers in the ACE (Architecture Construction Engineering) program. The program met each Tuesday in the fall and winter after school at various locations around Des Moines.

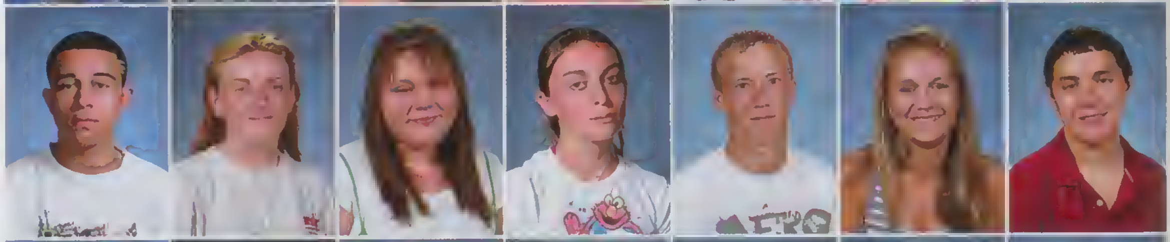
The task for the ACE team was to redesign and incorporate new ideas to the Nollen Plaza in downtown Des Moines. Members were split into architect, contractor, and engineer groups in order to get an idea of whether they would be interested in their chosen profession for a career. The ACE program gave students a hands-on view of the construction industry.

At the end of the 16 week program, students presented their final design and structure of the Nollen Plaza project to family and friends. Scholarships were also awarded at the end of the program.

Guadalupe Cortez-Torres
Kenneth Cortum
Michael Cory
Anastasia Cowles
Matthew Crane
Emily Crouch
Ashley Cruikshank

Carolina Cruz
Chanse Cunningham
Lizet Curiel
Kaycee Curry
Brittany Dabney
Zachary Dagnillo
Jeffrey Dale

Cedric Danilson
Rebecca Davidson
Brittnie Davis
Chelsea Davis
Logan Davis
Soni Davis
Trenton Davis



Zachary Davis
Katy Dearinger
Jason Deaton
Mani Deng
Alyssa Denning
Kaitlin Dennison
Wendy Diaz

Truc Do
Jonathan Drake
Kristopher Duff
Joseph Dunn
Johntia Edwards
Emmanuel Egbadon
Breann Elgin

Evan Ellenwood
Amanda Ellis
Andrew Ellis
Esteban Ellis
Veronica Estrada
Cherae Evans
Jode Evans

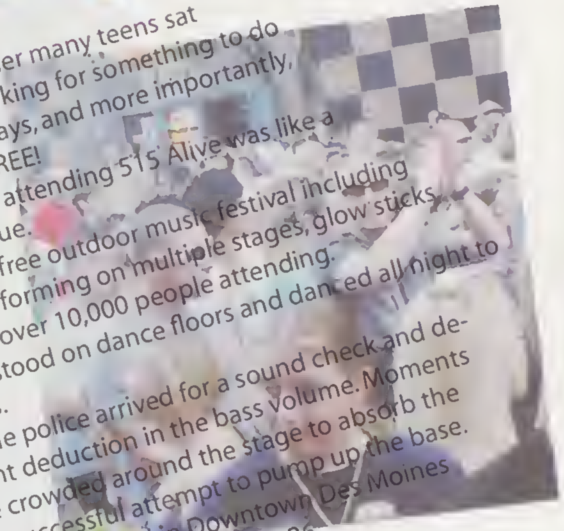
Justin Farnsworth
Megan Faulkner
De'Mon Ferguson
Charrise Fertig
Mollie Fessler-Boylan
Codey Field
Jamarlo Fields

Justin Fiscus
Kody Fisher
Dileana Althea Fleming
Jacob Formaro
Maranda Froehle
Jackie Fudge
Nijay Gaines

Victoria Gama
Matthew Gering
Dustin German
Kelsey Gile
Vanessa Gobb
Dylan Gogerty
Nicole Gomez

Elizabeth Gonzalez
Joseph Gonzalez
Luz Gonzalez
Martha Gonzalez
Nancy Gonzalez
Kourtnie Grantham
Deja Greene

515 Alive



Last summer many teens sat around looking for something to do on boring days, and more importantly, something FREE!

For some kids attending 515 Alive was like a dream come true.

515 Alive was a free outdoor music festival including 70 musicians performing on multiple stages, glow sticks, strobe lights, and over 10,000 people attending. People of all ages stood on dance floors and danced all night to never ending songs.

At around 8:30 the police arrived for a sound check and demanded a slight deduction in the bass volume. Moments after, people crowded around the stage to absorb the sound in a successful attempt to pump up the base.

The concert was held in Downtown Des Moines on Court Ave on Saturday, July 26.

It was an urban music festival and was a prime example of the growth of culture in Des Moines.

By:Layla Schwartztrauber

Austin Griffin
Nicholas Griffin
Maria Grimm
Nicholas Grochala
Matthew Grover
Unique Grover
Keshawn Gully

Marvin Gutierrez
Maleny Guzman
Miles Hackett
Ryan Hadley
Sandra Hadley
Rachael Hall
Ezekiel Harerimana

Jamie Hargis
Raymond Harless
Thomas Harrington
Deonta Harris
Pennylee Harris
Kevin Harvey
Heather Hass

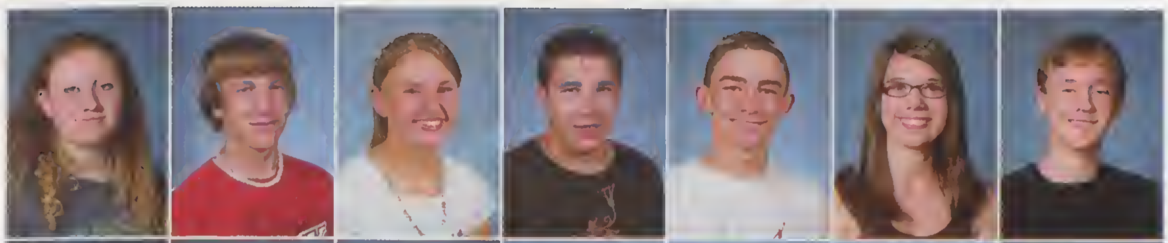
Deon Hayes
Marquaisha Haygood
Brittley Hellems
Allison Henderson
Vanessa Henriquez
Anthony Henry
Emmanuel Hernandez

Orlando Hernandez
Leanna Herndon
Melissa Heuton
Taylor Higgins
Amber Hill
Jerald Hill
Amy Hills

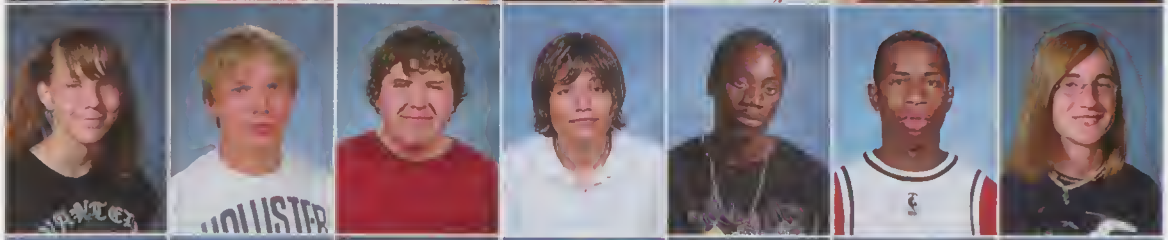
Gina Hilson
Camron Hilzer
Kathrine Hines
Sadie Hines
Kaley Hodge
Steven Hollingshed
Christopher Hollingsworth

Krystina Holmes
Haley Hols
Jarred Hoover
Nicole Hoskins
Jonathan Houghton
Say He Htoo
Wah Htoo

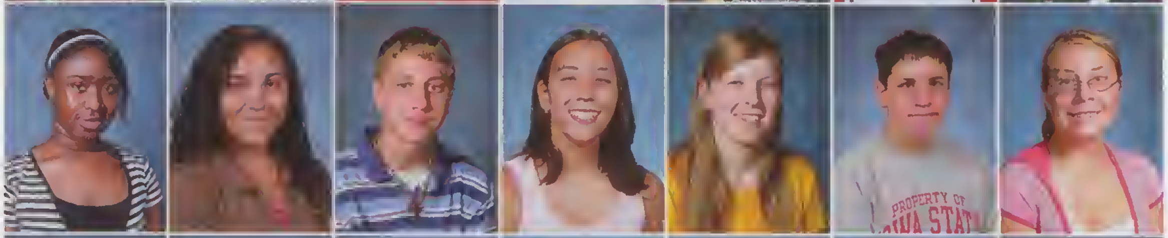
Keayla Hughes
Shamarea Hughes
Marquise Hunter
James Illingworth
Chanthiphone Inrachavongsa
Taylor Isbell
Amanda Jackson



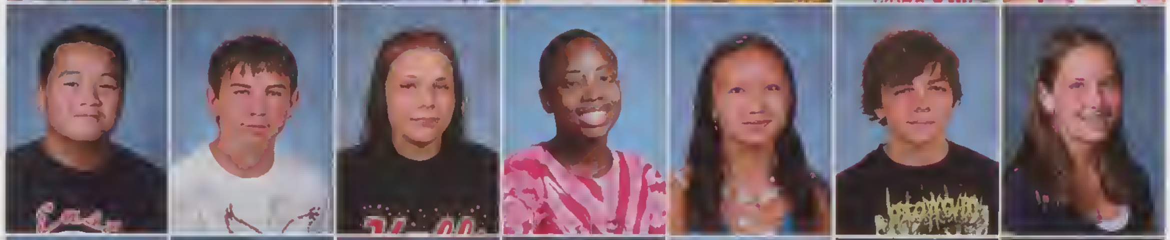
Shelby Jackson
Corey Jacobe
Heather Jensen
Kirk Jensen
Cody Johansen
Tricia Johnson
Wesley Johnson



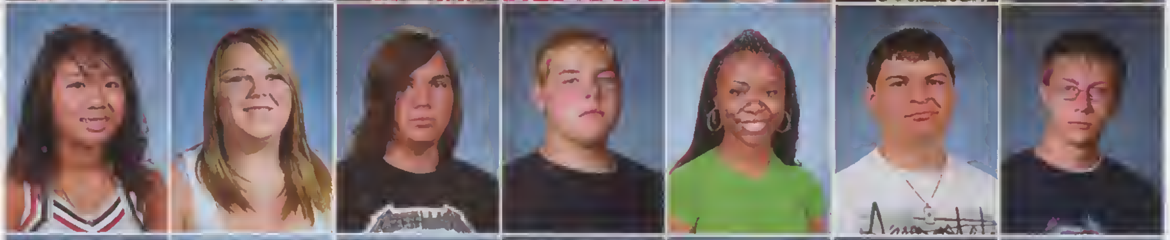
Samantha Jones
Zakary Jones
Lucas Jordan
Thania Juarez
Zulu Karlar
Andre Kase, Jr.
Jacob Kellow



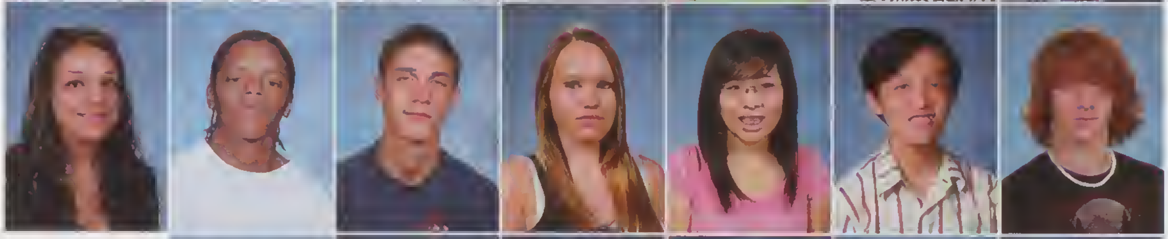
Onyinye Kemdirim
Kelsey Kennedy
Skyler Kernes
Chelsea Kesavadhana
Brittany Killen
Maxwell Kirk
Brittany Knuths



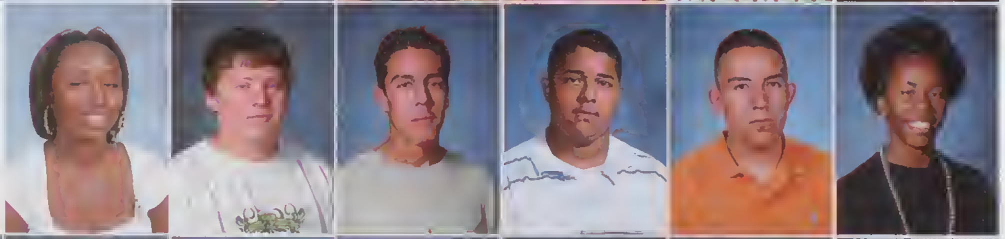
Jordan Kouangvan
Conner Kouri
Halea Kuhns
Sharnae Lamar
Ya Lee
Emmett Lehman
Megan Lein



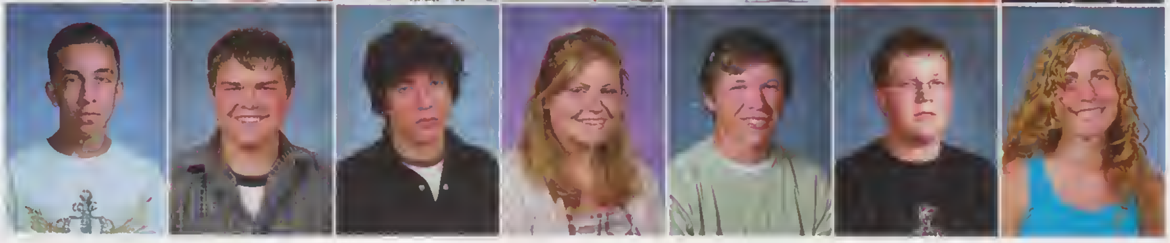
Cassandra Lemthi
Amber Lewis
Zachary Lewis
Justin Liggins
Janae Lockhart
Scott Loftus
Alan Logsdon



Alexis Lopez
Hakeem Love
James Love
Michelle Lovett
Desirie Luong
Luong Mac
Matthew Malloy



Royonah Marble
William March
Eduardo Marquez
Ernan Marquez
Jose Marquez
Devonte Martin



Edgar Martinez
Steven Martinez
Peter Mattes
Kara Mauk
Brock Maxwell
Derek McCulley
Alina McDaniel

Alyssa McDaniel
Leroy McDonald
Thomas McElvogue
Ray McGee
Briana McGhee
Kyle Mechem
Madisen Meinders

Victor Mendoza
Deziree Mesta
Cody Michael
Christopher Midthun
Alberto Millan
Juan Miramontes

Juana Miranda
Miguel Mireles
Cody Mitchell
Kacie Breanne Mongar
Hillary Montoya
Jairo Morales
Jennifer Morales

Lauren Morgan
Caleigh Mormann
Katelyn Morrow
Austin Morton
Lisa Mowery
Josue Murillo
Jerzie Murray

Raymond Music
Dillon Nall
Carlos Navarro
Shawn Naylor
Enock Ndabigengo
My Nguyen
Ngoc Nguyen

Nhu Nguyen
Iris Nieto
Timothy Novak
Kody Ollin
Taylor Olson
Anjelica Ortega
Yvette Ortega

Mario Ortega-Torres
Alexis Ortiz
Michelle Ortiz
Brenda Paredes
Andrew Parsons
Jessica Pauscher
Cheyanna Rae Pepel

Cindy Perez
Carmen Perez Cortez
Danielle Peterson
Taylor Pettit
Joelle Peugh
Scott Phanphasy
Sarah Phillips

'Cause when push comes to shove
you taste what you're made of
you might bend 'til you break
'cause it's all you can take
on your knees, you look up
decide you've had enough
you get mad, you get strong
wipe your hands, shake it off...
then you stand.

feel your boobies

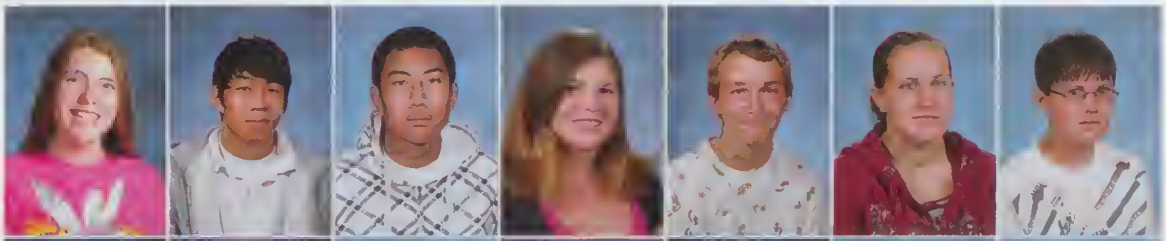
Breast cancer is a disease that not only affects the person who has it but also impacts the lives of everyone around them, as well as millions of individuals each year. Breast cancer awareness is a cause that should be supported by everyone.

The Breast Cancer Gala was held on September 21st in the East Cafeteria in support of basketball player **Markeisha Wright's** mother. The girls basketball team and softball players united to help support the cause.

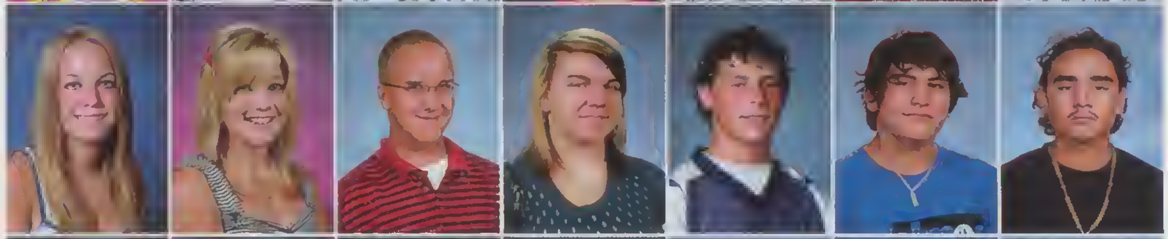
"We had food and people speak to us who had cancer and they told us about how they survived. We also had a live band play. It was just a gathering to cherish people who have or have had cancer and made us more aware of it," said senior **Peewee Porter.**

Although having such a disease can be heartbreaking, it doesn't mean it's the end. It can be the beginning of learning what you're made of and finding strength in your darkest hours.

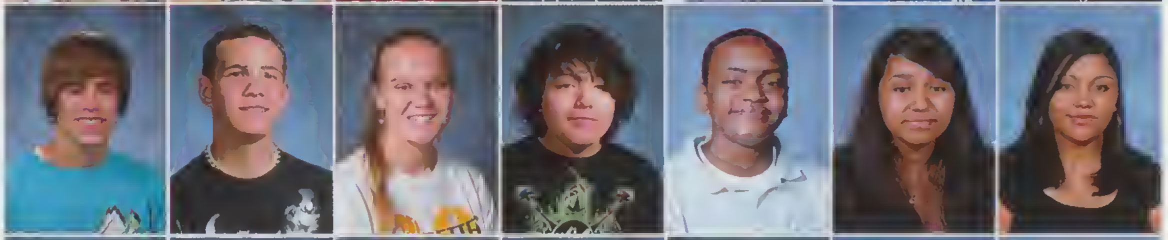
story / layout by: Brittany [illegible]



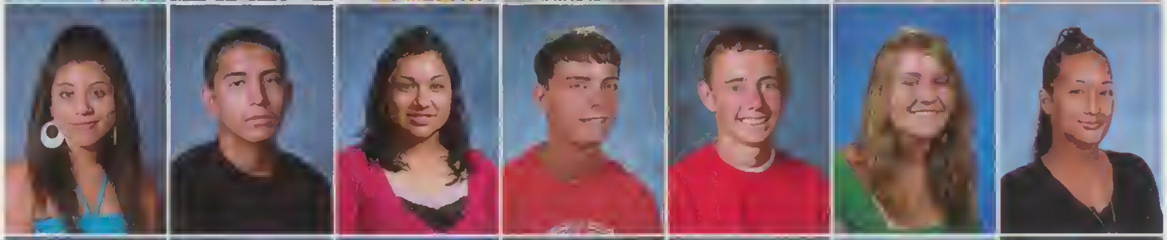
Kimberly Phipps
Cody Phommavong
John Phoudavong
Danielle Piatt
Edward Powell
Casey Prater
CJ Prater



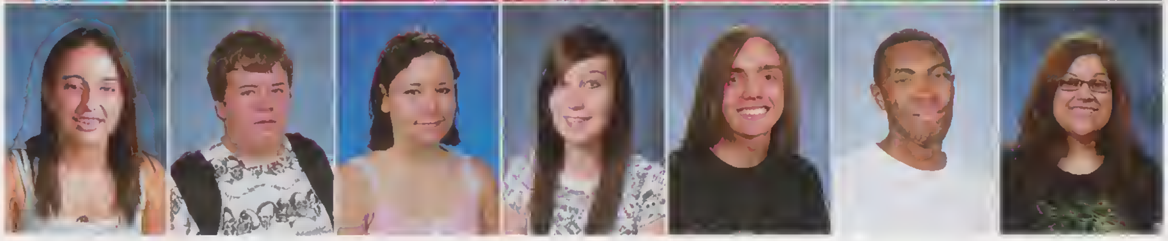
Ashley Prettyman
Heather Prettyman
Payton Gerald Pringle
Jacquelyn Puffett
Austin Quintana
Alejandro Ramirez
Marcelo Ramirez



Austin Rankin
Errik Rasmussen
Tiffany Rattray
Ricardo Raygoza
David Reasby
Janet Reaza
Gabriela Renderos



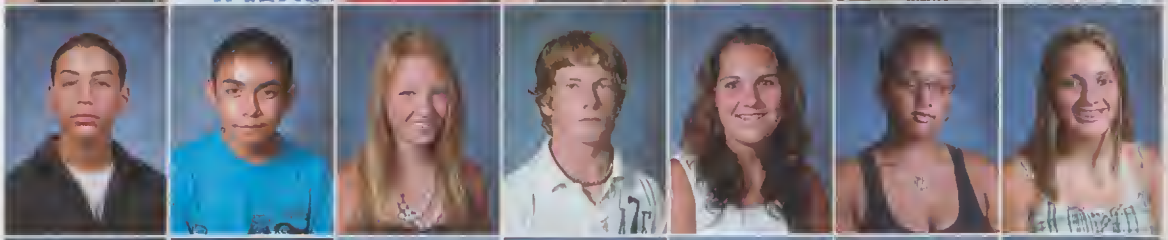
Joselin Reyes
Ulises Reyes
Maria Reyes-Pintor
John Reynolds
Patrick Reynolds
Tera Rhoades
Iesha Ridding



Kelcie Riesterer
John Ring
Kelsie Ring
Jenna Ringler
Austin Ripperger
Sheldon Robinson
Katie Rockey

Berenice Rodriguez
Hever Rodriguez
Joanna Rodriguez
Lupita Rodriguez
Mayra Rodriguez
Ramiro Rodriguez-Avila
Andrew Roeuth

Nicolas Rojas
Aaron Rosales
Crystal Ross
Nicholas Roth
Peyton Rowe
Madison Ruge
Amanda Rush



Hollie Russett
Zane Rustan
Alma Salas
Breezie Saldana
Dalila Salgado-Ocampo
Nuradin Salim
Daland Sanders

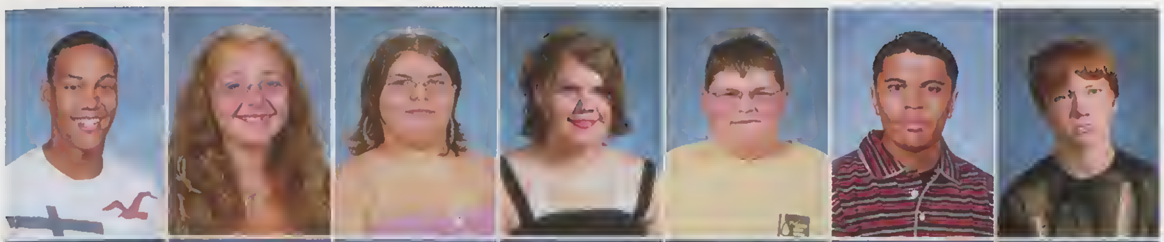
Olivia Sandoval
Nicholas Savage
Megan Say
Natasha Schoborg
Michael Schuler
Chelcie Scott
Breana Scroggins

Jeffrey Searcy
Josephine Sease
Chad Sepich
Mary Sergio
Danny Shannon
Zachery Shelburg
Michael Shelton

Jessica Short
Alexander Sibert
Nathina Simonton
Sarah Sinopoli
Adrienne Slothouber
Shelby Sly
April Smith

Jacob Smith
Matthew Smith
Samantha Smith
Shaquila Smith
Tyler Smith
Helen Snyder
Walee Soe

Zuleyma Solis
Devin Sorter
Alyssa Soulinthavong
Kevin Souvannasanh
Ashley Sparks
Donivan Stevens
Megan Stevenson



Phillip Stewart
Aubrey Stith
Maressa Stonehocker
Amanda Stougard
Donald Stuart
Tyler Sturgeon
Devin Swackhamer

Cheryl Sweet
Alexander Syhavong
Christopher Tate
Thomas Teav
Madison Tedrow
Cynthia Terrazas
Brian Terrell

Matthew Thacker
Tanner Thacker
Choua Thao
Rachael Tharp
Lomyenh Thiphayothin
Savory Thomas
Kaitlynn Thompson

Mathew Thompson
Timmesha Thompson
Tyler Thompson
Cody Tiano
Mitchell Timm
Corey Titus
Anh Tran

Leeanna Tyer
Jordan Vanderploeg
Katelyn Vanearwage
Vayeeleng Vang
Alex VanGundy
Kate VanGundy
James VanZee

Yesenia Vasquez
Kelsey Waits
Jonathon Walker
Taylor Waltz
Charlesetta Ward
Amanda Watkins
Dreswanda Watson

Lindsey Weatherly
McKenzie Wedig
Jessica Wehrle
Jessica Wells
Katie Weltzheimer
Keith Wessel
Cameron White

Jennifer Whitney
Alexandrea Whitten
Alexus Wiand
Blake Wilkinson
Kaleen Williams
Madison Williams
Tanisha Williams

Timothy Williams
Blade Wilson
Austin Wilson
Brandi Wilson
Jerry Wilson
Nathan Wilson
Shelby Wilson

Kayla Woodhall
Ryan Woodson
Charlene Woolson
Daniel Worthington
Allan Wright
Markisha Wright
Stephanie Yang

Brooke Young
Kaci Young
Jesus Zambrano
Rosa Zarate
Alexandra Zermeno
Vanessa Zuniga

Don't forget us...

Tellah Amos
Bol Ayul
Kaylia Balliet
Wesley Bekish
Katie Bruno
Jeffrey Byrkett
Breona Carroll
Devan Chappell
Vunaka Chey
Timothy Clark
David Colton
Edwin Coreas

Alexis Cross
Carlos Estrada
Richard Evans
Michael French
Alexander Glenn
Marco Gonzalez
Daniel Greer
Sandra Guardado-Medina
Cody Hager
Tyler Hart
Treassa Haus

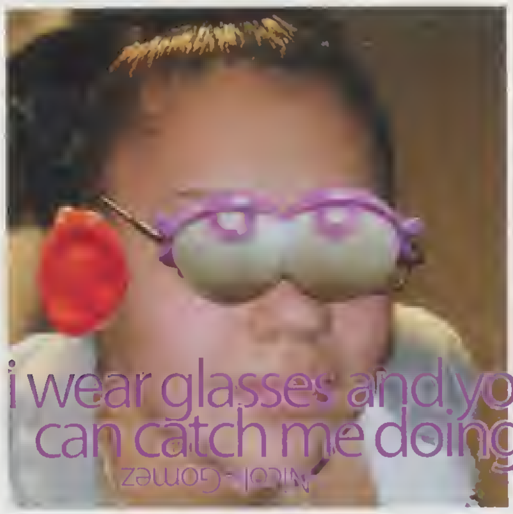
Naythan Herwehe
Brian Kline
Colton Knutzen
Destiny Lane
Carolett Leyva
Brandon Lingren
Tina McConnell
Marc McGee
Joshua Moreno
Ryan Morrill
Dre Mier Muhammad
Jasmine Orr

Emmanuel Ortega
Paul Palmer
Erika Raygoza
Russell Riggan
Britney Roaden
April Rounds
Rebecca Sandoval
Stacey Sholley
Mason Smith
Paul Smith
Trent Smith
Anthony Soto

Eric Stanger
Joshua Stoll
Henry Torres
Santiago Torres
Marcela Valdez
Caleb Vanderschoor
Jenny Vigil
Nichelle Walker
Tory Walker-Zepeda
Daionesse Woods
Devonte Young

guess WHO...

It might not be so easy to tell these disguised students apart. Try to guess who they are by the clues:

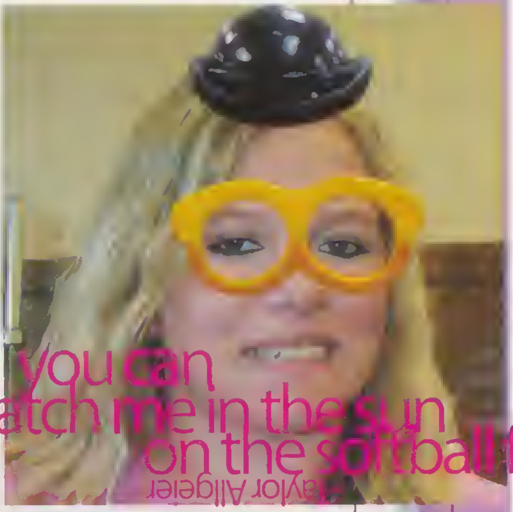


i wear glasses and you can catch me doing yoga

-Nicol Gomez

i'm outgoing and volleyball is my game

-[illegible]



you can catch me in the sun on the softball fei

-Taylor Allgeier

i go by sassy and i play third base for the varsity softball team

-Sarah Sinopoli

i'm quite the player, my number is 35 on varsity and 21 on j.v.

-Matthew Grover

Couples of 2009

1 year 2 months

Matt Widlund
&
Brittany Wilkinson

1 year

Caitlin Schuler
&
Jordan Duckworth

11 months

Kelsey Summy
&
Eric Feldmann

1 month

Tori Reasoner
&
Alex Reynolds

Lunch Cari Smith (11) leaves for lunch with her boyfriend, Jeff. Many couples go off campus together for lunch.

During passing period, the couple always find time to walk each other to class. This is the only time most couples get to see each other during the school day.

Love is in the air

Story/Layout by: Kate Hurley

Are high school students looking for their happily-ever-after too soon? Whatever happened to casual dating or even a non-serious relationship? What's with all the commitment?

It's easy to spot many the couples that are celebrating 1, 2, 3, or even 4 year anniversaries.

"Me and my boyfriend have been together for awhile, we just celebrated our 1 year," said sophomore Vancy Bergan.

From the way it sounds the guys at East High know how to treat a lady, but then again every guy knows jewelry is the way to a girls' heart.

"For our one year my boyfriend Tyler got me a diamond bracelet," said junior Chelsy Mongar.

There were tons of smiling faces when Valentine's Day rolled around. Since February 14 landed on a Saturday, couples decided to celebrate Friday at school.

Dozens of roses, displays of balloons, decorated lockers and teddy bears could be seen in every hallway. Love was definitely in the air.

"My boyfriend came back from college so we could spend Valentine's Day together; he got me a necklace and I got him a movie," said junior Heather Blacksmith.

One thing the teachers have definitely noticed is how PDA (Public Displays of Affection) have gradually become more intense. What was once a cute little peck on the cheek, is now a full make out session.

"I think it's really annoying when people make out in the hallway. Honestly, make out in your car or something, not where people have to walk by you," said junior Layla Schwartztrauber.

Locker
Evan Holleran (junior) and girlfriend Stacie Brown (sophomore) share a locker. They started going out at the beginning of last year

Juniors

Afton Abel
Suzi Abu Youm

Hugo Alanis-Vega
Kristin Alexander
Gavin Althaus

Rene Amaya
Kayla Andrews
Deryk James Arnett-Delk
Cicilia Atary

John Auch
Tyler Avant
Humberto Avila
Dustin Axland
Nicole Baccam

Ellis Balark
Dorian Ballentine
Dillion Barber
Kelsie Linn Barnard
Michael Lee Battin
Leilani Baugher

Drew Becker
Brittany Beckman
Michael Beem
Brittney Beery
Ryan Beggs
Ceeria Bekish
Buddy Beliel

Jacob Bellman
Zachary Bennett
Michelle Bernardino
Ryan Bishop
Emily Black
Misty Black
Heather Blacksmith

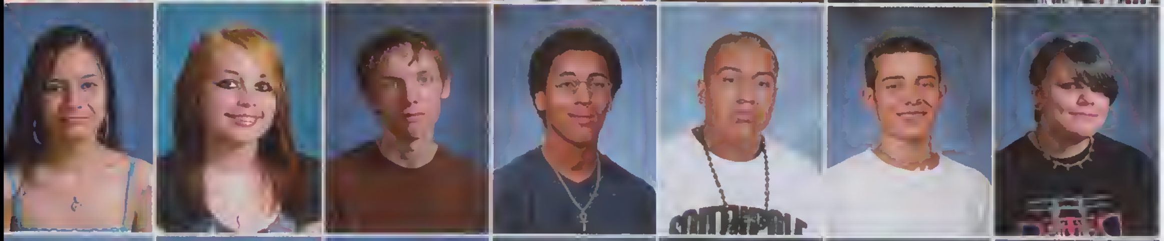
Jeffrey Blakeburn
Vania Boland
Arion Boston
Miranda Breheny
Dylon Brewer
Alex Brouwer
Emily Brown

Jocelyn Brown
Karmen Buchanan
Montinique Bumpus
Sopheavy Bunhoeun
Joram Burg
Samantha Burgett
Stephanie Burkett

Brady Burrows
Anthony Bush
Kelsey Butrick
Ariel Byers
Ariole Byrd
Enna Cabrera
Rosemarie Cam

Stephanie Campfield
Julia Cancino
Rafael Cardenas
Sergio Cardenas
Levi Cardines
Taylor Carlisle
Gary Carlson

Caitlyn Carmichael
Kaitlyn Carpenter
Shelby Carr
Carmen Carrasco
Matthew Carter
Troy Chandler
Jonathan Chase



Carolina Chavez
Ashlynn Christiansen
Kevin Cole
Stevon Coleman
Salomon Colunga
Kyle Cox
Chelsea Crone

Joshua Cruz
Maribel Cruz
Francisco D'Trinidad
James Dearchs
James Deaton
Sean Degoey
Cody Delarosa

Aaron Dennie
Chelsea Deo
Jennifer Diaz
Dustin Dillinger
Claire Diver
Jessica Dominguez
Zachary Downing

Jordan Duckworth
Madison Duncan
Marsha Dunlap
Nathan Dzon
Dorothea E-Jordan
Jenny Ear
Tabatha Eddins

Destiny Eddy
Chad Elliott
Adam Elsinga
Amanda Erwine
Jorge Estrada
Musa Ezeirig
Jacob Farnsworth

Zachary Farris
Raymond Fees
Jessica Fitzgerald
Anthony Flagg
Zachary Flickinger
Riley Galvin
Roman Gamble

Juan Garcia
Lauren Garrelts
Sierra Gearhart
Paige Gee
Ricky Ginn
Premnarayan Gobin
Brian Goheen

Giovanni Gonzalez
Miguel Gonzalez
Brandon Goodell
Cicely Gordon
Leroy Gordon
Jessica Graham
Kylie Grantham

Tyler J. Griffin
Tyler M. Griffin
Jessica Grimm
Alexander Grochala
Kayla Groh
John Grove
Miguel Guerrero

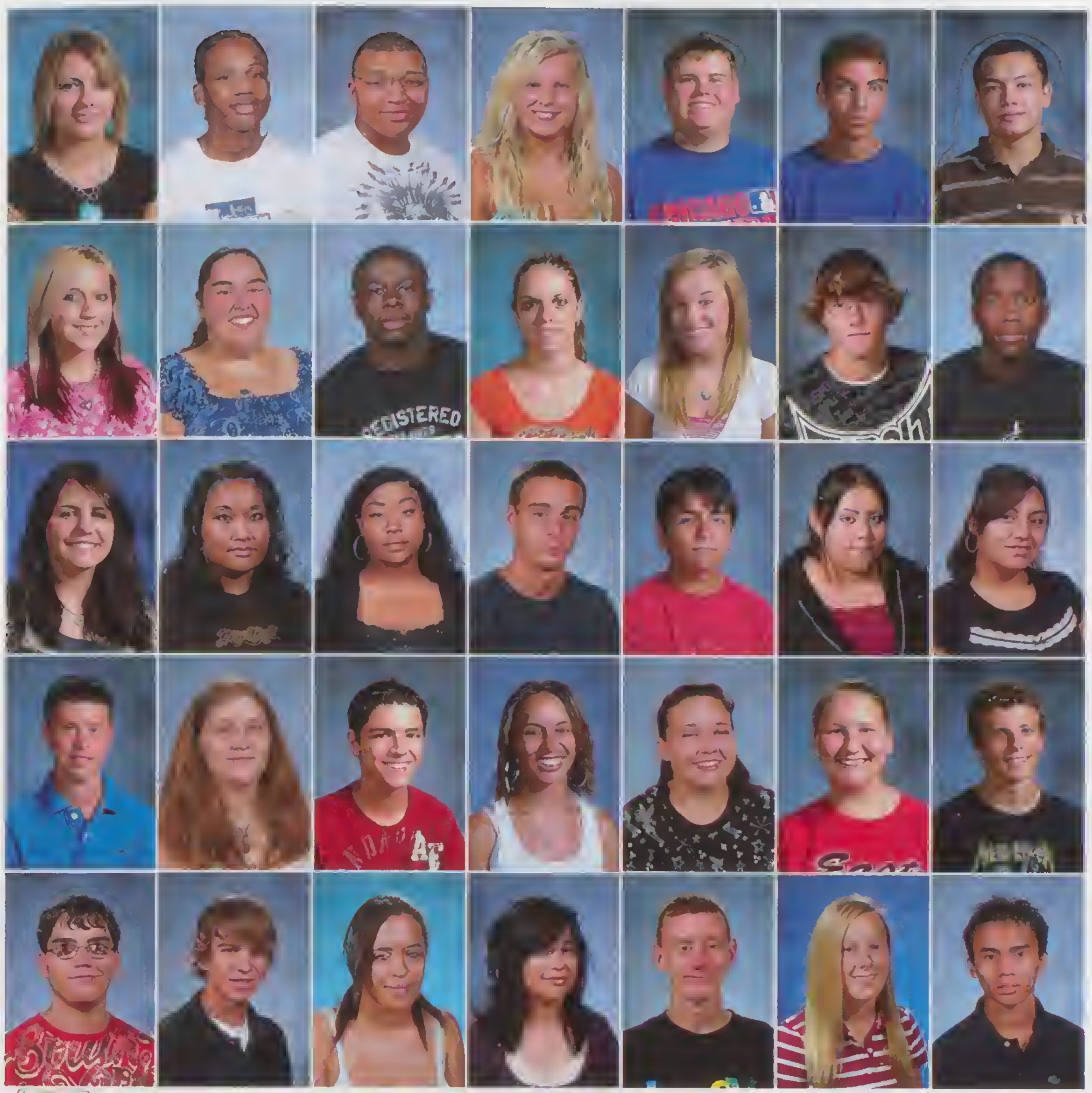
Seniors 09'

Wars between the Juniors & Seniors have went on forever. There's only one way 2 settle it.... during the Senior Vs. Junior powderpuff game, which is held during homecoming week. The class of 09 has taken it home 2 years in arow Each team works hard 2 come out on top. The sweat & energy all pays off @ the end of the game, when the winning team goes out 2 celebrate.

Juniors 10'

Get Like Us
Get Like Us
Get

Story/Layout By: Ashley Lovell



Teighlor Gutierres
Dunlap Hall
Quintin Hall
Sierra Hall
Nicholas Hamilton
Cody Hampe
Kiefer Hanawalt

Holly Hardenbrook
Charlie Josephin Harper
Jeremiah Harrington
Angalina Harris
Jamie Harris
Travis Hartgers
Devontray Heard

Kathleen Heggen
Pi Hem
Micah Henle
Zachary Herman
Cesar Hernandez
Monica Hernandez
Adriana Hernandez-Urzua

Kase Heuermann
Caitlin Hewitt
Alexander Higgins
Shaley Hillsman
Elizabeth Hilt
Molly Hinman
Seth Hinshaw

Dallion Hites
Evan Holleran
Kayla Hollingshed
Wendy Huchim-Garcia
Derek Hunsley
Kate Hurley
Brander Inthapanyavongsa

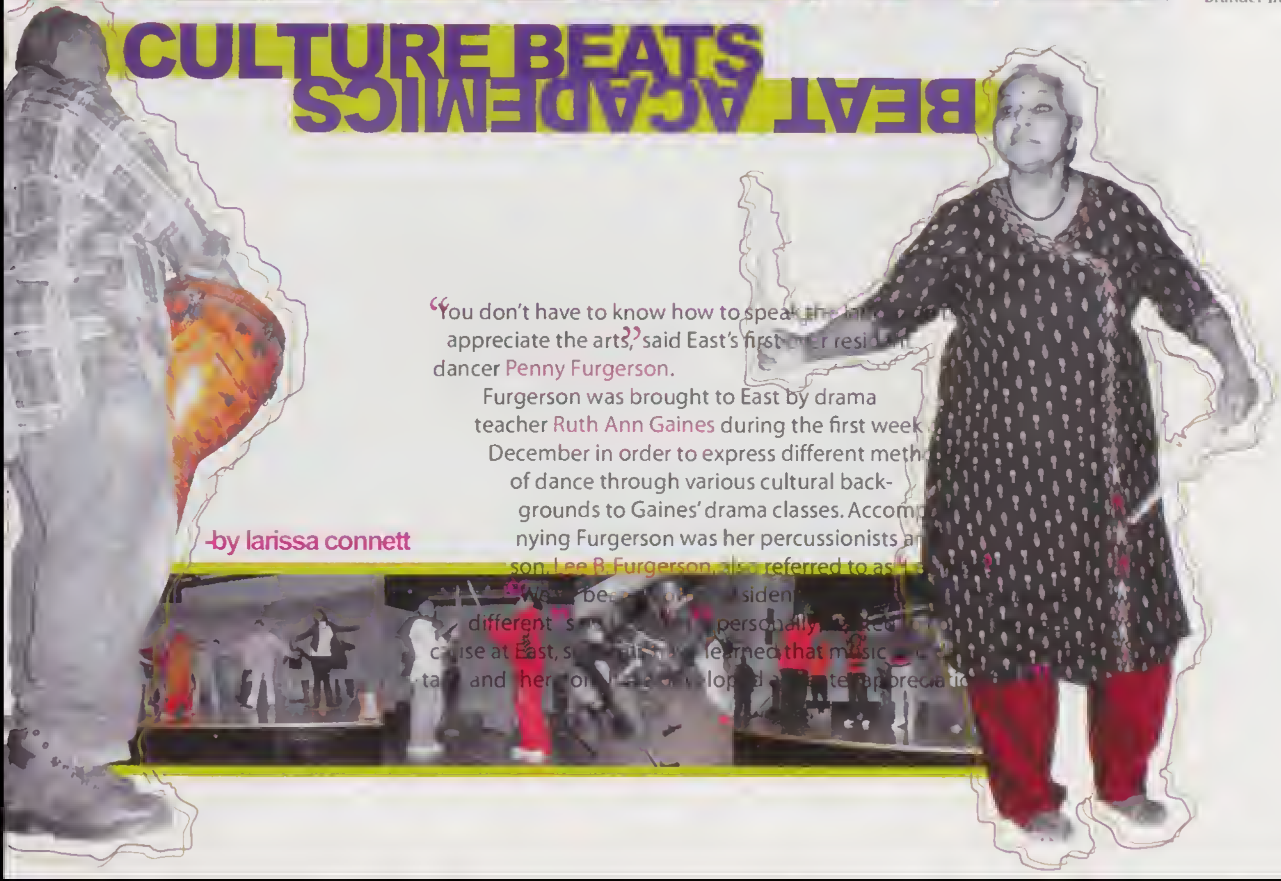
CULTURE BEATS
BEAT ACADEMICS

-by larissa connett

"You don't have to know how to speak the [illegible] appreciate the arts," said East's first ever resi[illegible] dancer Penny Furgerson.

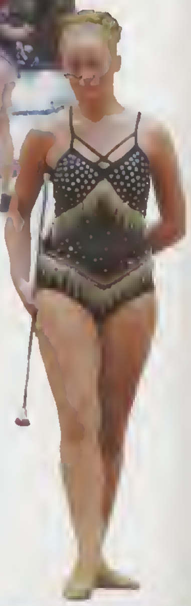
Furgerson was brought to East by drama teacher Ruth Ann Gaines during the first week [illegible] December in order to express different meth[illegible] of dance through various cultural backgrounds to Gaines' drama classes. Accom[illegible]nying Furgerson was her percussionists a[illegible] son, Lee B. Furgerson, also referred to as [illegible]

"We [illegible] be[illegible] siden[illegible] different s[illegible] personally [illegible] cause at East, s[illegible] learned that music [illegible] ta[illegible] and her [illegible] developed a [illegible] appreciatio[illegible]



Winter Kickoff

By Kate Hurley

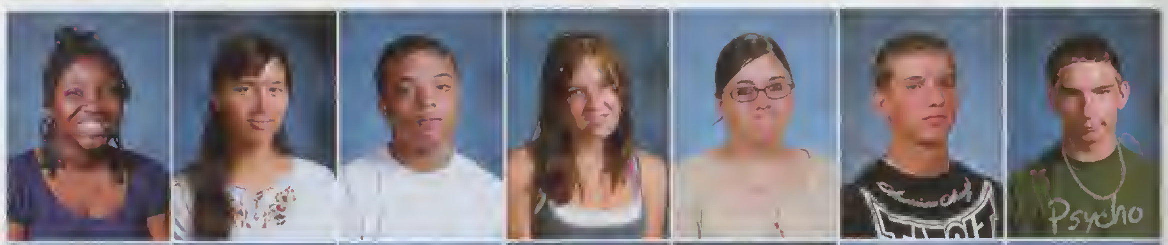


On November 24, the annual Winter Kick off was the starting point for all winter sports. The season's teams were introduced and got to show off a little of what they'd been working on for the upcoming season.

"It's nice because all sports get recognition and get to do a little demonstration," said cheerleading coach **Kairsten Jack**.

At 7 p.m., boys' basketball, girls' basketball, wrestling, swimming, bowling, band, Color Guard, Stepper and cheerleading members were all announced and got a chance to perform.

"This really just pumps people up to come to our events and it gives us a chance to prove we're worth coming to see," said junior basketball player **Tyler Jensen**.



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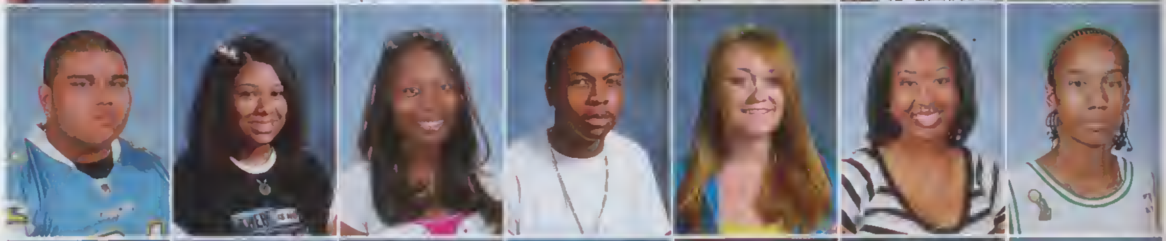
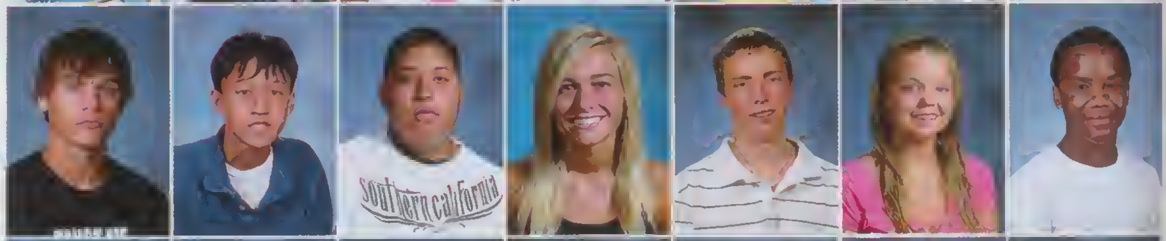
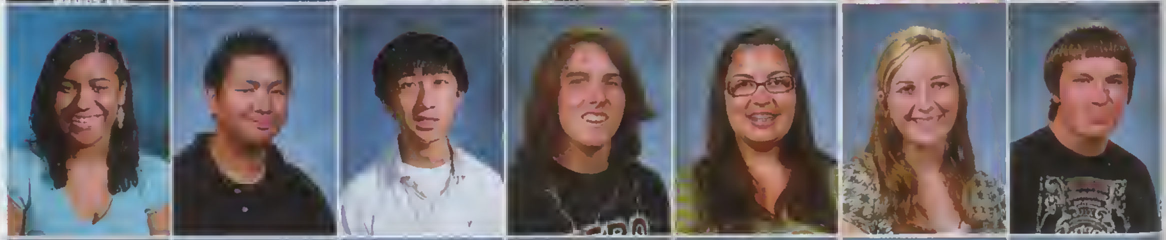
Melody Jaros
Devaughn Jenkins
Shelby Jenkins
Crystal Jensen
Tyler Jensen
Steven Jilek



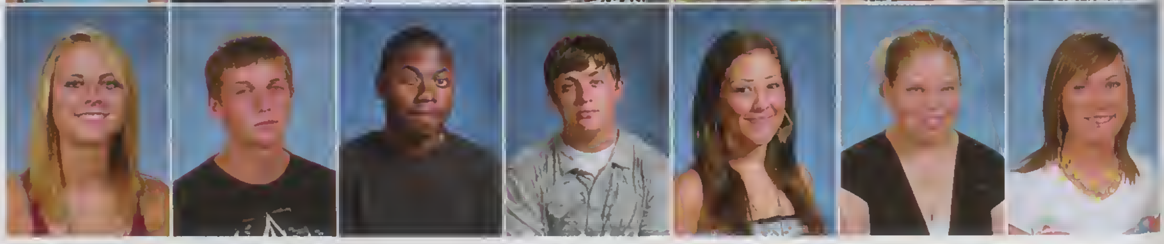
Domingo Jimenez
Bria Johnson
Latisha Johnson
Royan Johnson
Samantha Johnson
Ambreyana Jones
Learie Jones



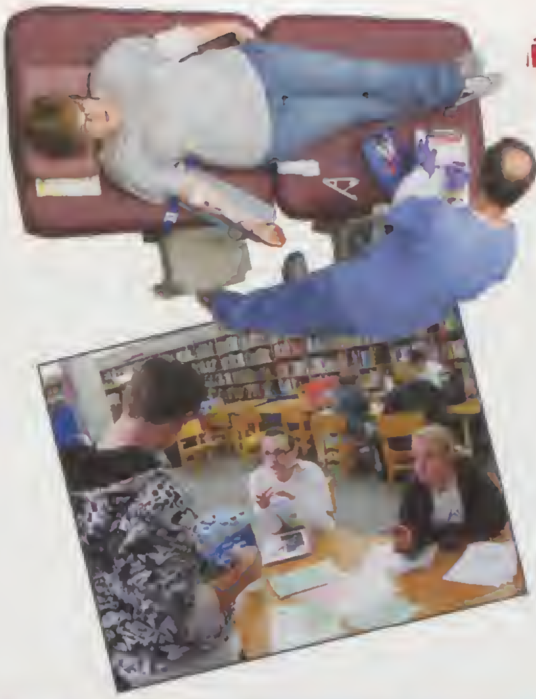
Michael Jones
Kearany Jordan
Samuel Juarez
Madison Kasper
Jacob Keeney
Patty Kelsey
Tyrae Kemp



Desiree Kerber
Joseph Khammany
Ryan Khounlo
Dennis Kimmel
Marissa Kimmel-Kendrick
Lorrie Kingen
Phillip Kochheiser



Jade Kreutz
Caleb Kristufek
Curtis Lacey
Jacob Ladurini
Alicia Landeros
Amber Landon
McKinzie Langerud



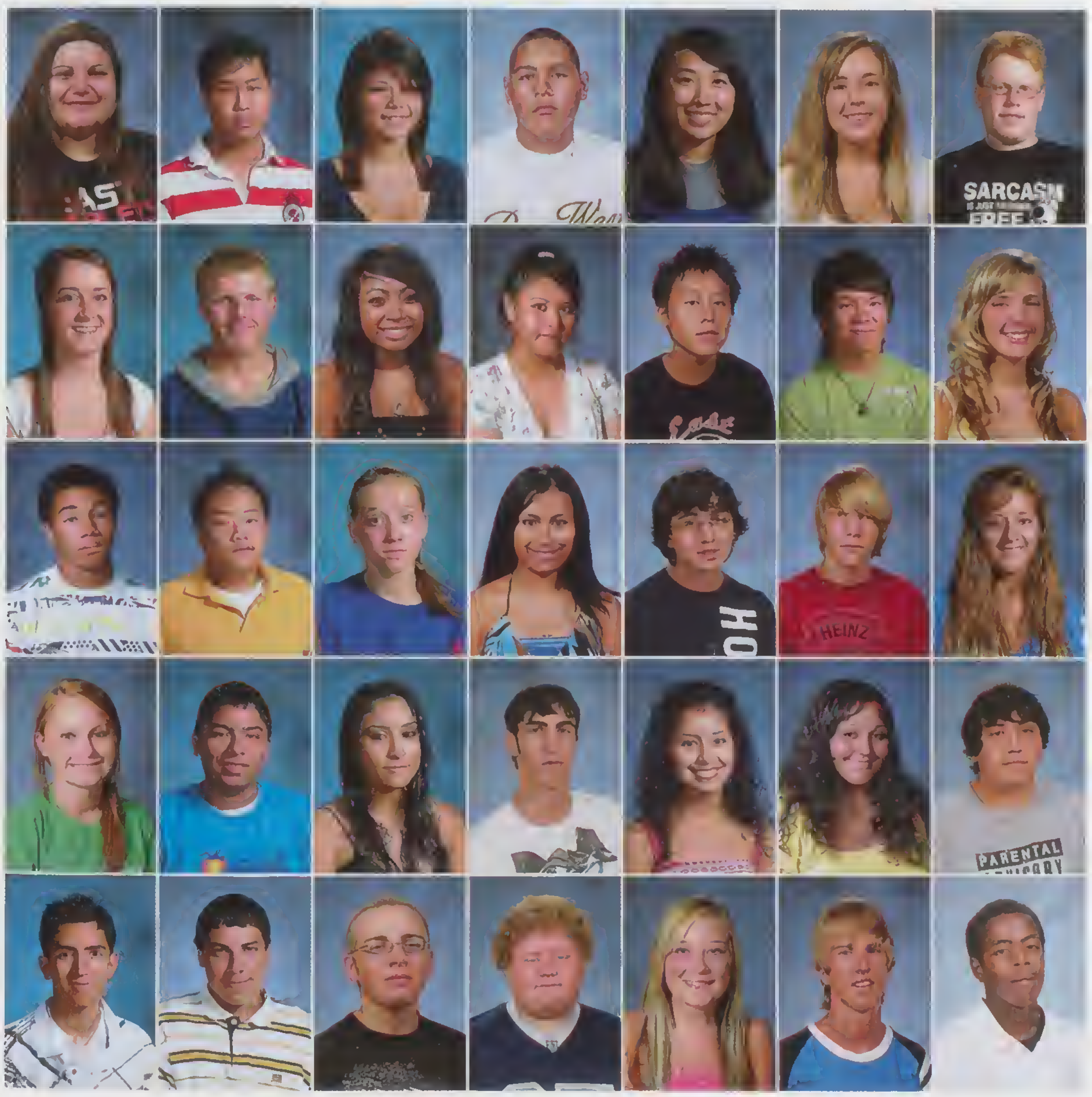
student government blood drive

By: Kylie Vry

The need for blood in Central Iowa is always high, especially during the holidays. December 3 was the date of the Annual Winter Blood Drive, sponsored by Student Government.

The drive had a few rules including: students 16 years of age needed a signed parent form; 18-year-old Scarlets did not. There is also a weight limit at least 120 pounds.

"The drive had a wonderful turnout. Out of 74 registered, 58 gave whole blood, 4 donated double red cells, and there were 43 first-time donors. The overall blood collected at EHS will help save the lives of 182 Iowa hospital patients!" said The Blood Center of Iowa's Mobile Marketing Specialist Diana Davis.



Angelica Lawson
Dang Huynh Le
Thu Le
Ricardo Leanos
Mor Lee
Carrie Lewis
Michael Lewis

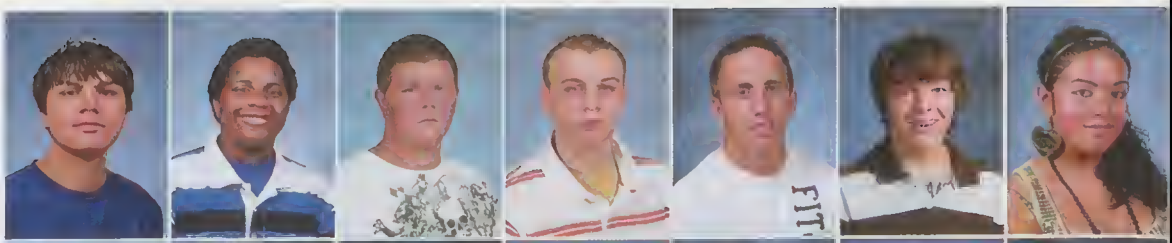
Jessica Lippold
Benjamin Liston
Soriya Loeurng
Beatriz Lopez
Matthew Lor
Isaac Lovan
Taylor Luft

Dashean Lund
Linfoung Ly
Lacey Lynch
Alejandra MacEda
David Macias
Tyler Maddex
Ariel Major

Amber Malloy
James Mangra
Mariela Maria-Mendoza
Steven Corey Marquer
Alma Marquez
Alejandra Martinez
Ernesto Martinez

Jose Martinez
Miguel Mata
David McCartney
Troy McConnell
Katelyn McCormick
James McCourt
William McCullough

Tyberious McFlvogue
De Angelo McGregor
Richard McGuire
Aaron McMenamin
Dustin Medearis
Colton Mendenhall
Heidy Mendez



Veronica Angela Mesta
Holly Meysenburg
Cody Mickle
Taylor Millard
Heather Miller
Catherine Mitchell
Jonathan Mom

Chelsy Mongar
Edison Moody
Rickey Moore
Justin Morrill
Kayla Morrison
Melissa Morton
Armando Moya

Chelsea Mullin
Garba Munkaila
Angel Munoz
Trevor Nail-Umanzor
Malaytong Naovarath
Jessica Nerison
Jerrica Newberry

Lan Nguyen
Nancy Nguyen
Susan Nguyen
Uyen Nguyen
Kenneth Nichols
Joey Nicholson
Gabriella Niswander

Zoe Niswander
Jordan Noring
Elexandria Nouchanthavong
Katie Nutt
Nickolas Olson
Jenna Osborn
Teraunte Osborne

Casey Ouverson
Deontaye Owens
Emma Palomeque
Kristopher Parsons
Kamylle Patterson
Karen Perez
Troy Perez

Ryan James Pettit
Minh Phan
Davina Phaviset
Bryan Phillips
Leon Phillips
Carolyn Phongphachone
Roshawn Pipes

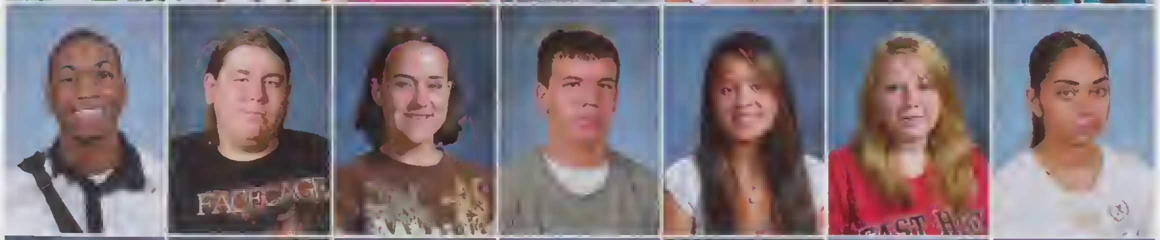
Fabiola Plascencia
Danielle Poe
Jesenia Puga
Prince Pyne
Dulce Ramirez
Sophie Rasavady
Tori Reasoner

Jacob Reed
Brandi Reeser
Elva Regalado
Nathan Rehm
Nicholas Reich
Mathew Reimer
Tony Reyes

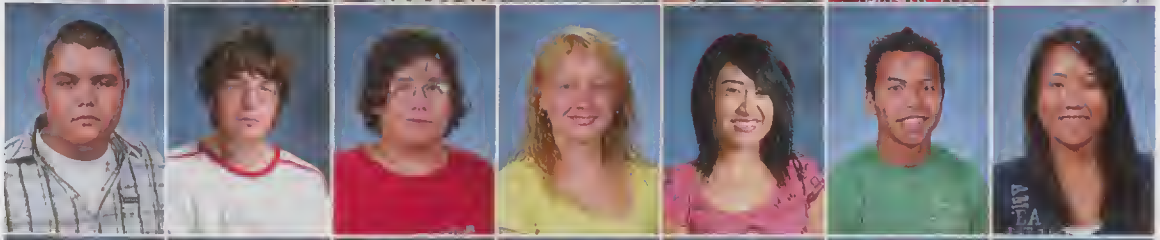
Alex Reynolds
Randi Reynolds
Rene Reynolds
Elizabeth Rife
Kole Rivas
Nereida Rivas-Correa
Amanda Robbins

Kelsey Robbins
Tiffany Robbins
Ashlyn Robinson
Kelsey Robinson
Mason Robinson
Ana Rodriguez
Byanca Rodriguez

Cristian Rodriguez
Jasmine Rodriguez
Maria Rodriguez
Martin Rodriguez
Mirella Rodriguez
Stephanie Rodriguez
Perla Rodriguez Vega



Craig Rogers
Tyler Rounds
Megan Rowat
Dustin Rowe
Kami Rowe
Danyelle Ruby
Lacey Ruiz



Victor Ruiz
Aaron Sanderman
Taylor Sanders
Maria Sandoval
Adriana SanElias
Matthew Say
Sanna Sayavong

Adam Scarlett
Amanda Schibner
Connie Schillinger
Zachary Schipper
Jessica Schnoebelen
Caitlin Schuler
Jacob Schultz

Annika Schulz
Ashley Schumacher
Layla Schwartztrauber
Christian Scott
Tyler Seher
Scott Senecaut
Cody Shepherd

Cameron Shivers
Veronica Shoafstall
Benjamin Sigmund
Joshua Skinner
Tyler Slinger
Alexandria Smith
Cari Smith

Cody Smith
David Smith
Jayanna Smith
Lamonte Smith
Samantha D. Smith
Seirra Smith
Spencer Smith

Tiffany Smith
Sarah Son
Leslie Sotelo-Mata
Melody Sotelo-Mata
Jeremy Spencer
Matthew Steward
Travis Stewart

Stephen Storm
Meri Stoutenburg
Kara Stroud
Devan Stuve
Kelsey Summy
Errol Sutton
David Sysombath

Francisco Tavera
Kierra Taylor
Zackary Templeton
Khennedy Terrell
Dante Terry
Pinda Thepkome
Christian Thompson

Chelsea Tidwell
Evan Timm
Joshua Torres
Charles Tran
Spencer Tran
Yoali Trejo
Brittney Trigg

Kalif Trumbo
Esther Turay
Tara Turner
Nicholas Tuttle
Nadia Tyler
Enrique Uvalle
Brittany Vandyke

Va Pheng Vang
Cody Vanwinkle
Luis Velazquez
Eduardo Venegas
Nathaniel Lieton Vernon
Dulce Via Anaya
Jennifer Vong

Grant Voshell
Tyler Vry
Kelsey Walker
Taylor Warren
Victoria Waters
Zach Wells
Daejore White

Kaylee White
Kelsey Whitfield
Carly Wiezorek
Terry Wiles
Blake Wilkerson
Lauran Williams
Miya Williams

Cody Wilson
Tobias Wilson Cross
Kayla Wisnousky
Michael Wolfe
Christopher Wollesen
Sara Wom
Tyler Rich Wood

Teenah Woodard
Kayla Woods
Joshua Worden
Anthony Ray-Walt Wright
Samuel Yang
Grogweh York
Chelsea Young

Clayton Young
Courtney Young
Thomas Young
Ismael Zelaya

Don't forget us...

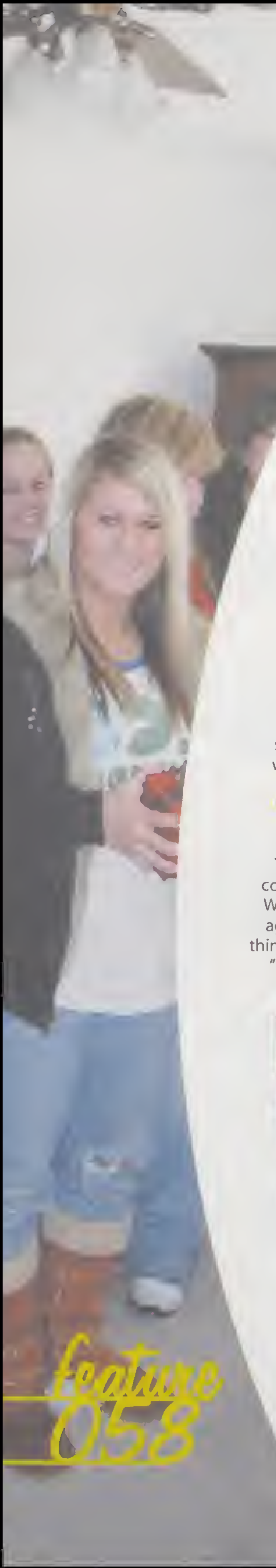
Silvia Abu Youm
Christopher Avery
Latisha Besaw
Micole Boyd
Jasmine Brandt
Tyler Breheny
Dominique Brown
Toni Bruno
Doyle Buckner
Karina Canizales
Amanda Cantwell

Kristopher Chestnut
Marissa Chestnut
Rodolfo Correa
Blake Cross
Jontrez Dameron
Jose De La Rosa
Chaniquiwa Deener
Richard Duntz
Deividas Guinan
Deandre Harris
Andrew Helm

Brett Jones
Bradley Killen
Yana Korniltseva
Benson Lu
Ngan Luu
Cassandra Lynch
Madelin Marquez
Melinda Marturello
My Ngoc Nguyen
Jennifer Olson
Sierra Patton-Lessmann

James Pilcher
Pablo Ramirez
Zazetta Rankins
Patience Richardson
Francisca Rivas-Zepeda
Larry Robb
Ashley Robinson
George Romero
Isaiah Russell
Shawn Sheppard
Cody Shipley

Daveion Smith
Sunshine Streeper
Jacob Tinsley
David Torres
Joseph Vaderschoor
Brittany Wegener
Timothy Wendel
Brooke White
Deontae Word
Adam Young
Eli Zambrano



The gift of giving

Story/Layout by: Kaitlyn Carpenter

Softball may be a summer sport, but that does not mean that the team is not active the rest of the year. The varsity softball team does many community service projects throughout the year on the east side of Des Moines.

During the Christmas season, the group did a couple of different community service projects. One project that the team did in particular was Scarlet Santa.

"Scarlet Santa is a program where we choose families that are in need and buy presents and food for them. After we bought the gifts for the families, we wrapped and delivered the presents to the families a few days before Christmas," said senior [illegible].

In order to buy the presents for the families, the team had to raise money. Instead of doing an old- fashioned fundraiser, the team and parents came up with a much more original idea to fund the project.

"To get the money to buy gifts for the families, we sold enchiladas," said Robinson.

While buying presents for the families may have been fun, the team also enjoyed when they were able to give the presents to the families.

"I loved seeing the look on their faces when they opened their gifts, that was the best part for me by far," said sophomore [illegible].

To do this project, the team could not do it alone. Many of the girls' parents helped with the buying of the presents and delivering them.

All of the girls on the team agreed that the parents helped a lot with the planning and organizing.

While buying and delivering the presents to the families was the best part of the project, the softball team feels that the project is a part of the softball program and if they did not do it, it wouldn't feel right.

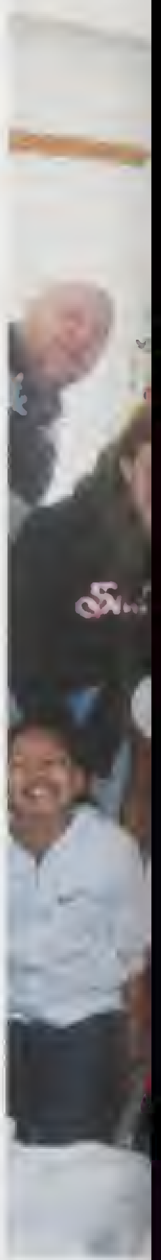
"The Scarlet Santa program has been a tradition within the softball program," said senior [illegible].

Because the Scarlet Santa program is a tradition, it is something that the team looks forward to every year.

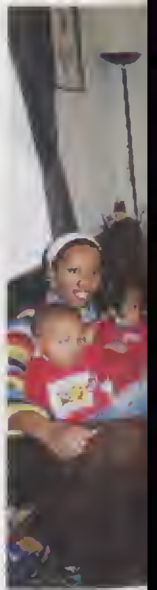
The team said that it makes them feel great to know that they did something positive within the community and they feel they are making a difference when they do it.

While the softball program may do many community service projects throughout the year, the team agrees that, Scarlet Santa is the one project that the team looks forward to the most out of all the things the team is involved in.

"I'm looking forward to doing it next year and for the years to come," said Sinopoli.



The girls watch as the kids unwrap their gifts. The team said that their favorite part of the project was watching the kids open the gifts.



Holiday joy

is on the fa[illegible] [illegible]

[illegible]

Preparing for Delivery

4 of the girls smile after wrapping

Kim Robinson wraps a gift

They help each other wrap gifts

The team

poses for a picture after delivering gifts to one of the families. The girls delivered to the families a couple days before Christmas.

fashion over the Decades

1960's Fashion

1980's Fashion

1950's Fashion

1970's Fashion

Neon colors make a basic t-shirt stand out and become a fashion statement.

Fashion fades
style is eternal

layout by: Brittany Syvixay

They are the legendary hip-hugging, slim-to-the-ankle jeans that are worn fearlessly by both guys and dolls.

Skinny jeans, also known as slimjims or the pencil pant, have been an in-and-out trend since the mid-50s.

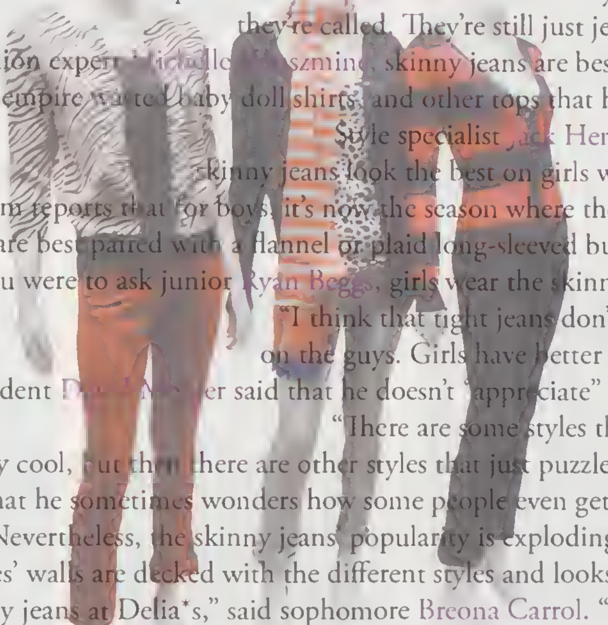
You can see the Pink Ladies wearing the familiar pants in Grease and the Fresh Prince of Bel-Air is an example of a skinny-jean era.

Now the bold jeans are back in style with the 21st century.

"I got my skinny jeans from Old Navy," said freshman Kristel Hill. "The kind I got was Diva Wash, and I sorta feel like a diva when I'm wearing them."

Who knew a simple pair of jeans could make such a difference in your wardrobe and attitude?

"I just like to wear them," said sophomore Mike Schuler. "I don't really care what they're called. They're still just jeans to me."



According to fashion expert Michelle [illegible], skinny jeans are best worn with long tees, empire waisted baby doll shirts, and other tops that have volume.

Style specialist Jack Herrick said that skinny jeans look the best on girls with long legs.

VineyarDesigns.com reports that for boys, it's now the season where the skinny jeans are best paired with a flannel or plaid long-sleeved button up shirt.

But if you were to ask junior Ryan Beggs, girls wear the skinny jeans better.

"I think that tight jeans don't look so great on the guys. Girls have better style anyway."

Eastside resident [illegible] Mohler said that he doesn't "appreciate" the emo look.

"There are some styles that I think are really cool, but then there are other styles that just puzzle me," he said.

Mohler also said that he sometimes wonders how some people even get the jeans on.

Nevertheless, the skinny jeans' popularity is exploding everywhere.

Stores' walls are decked with the different styles and looks of the jeans.

"I like to buy my jeans at Delia*s," said sophomore Breona Carrol. "They have so many colors and textures, like bright pink and corduroy."

Other popular places to buy skinny jeans are Hot Topic, Pac Sun, Forever 21, Urban Outfitters, and so on.

Junior Miya Williams said that she doesn't like wearing skinny jeans because she's so tall and has "too much booty."

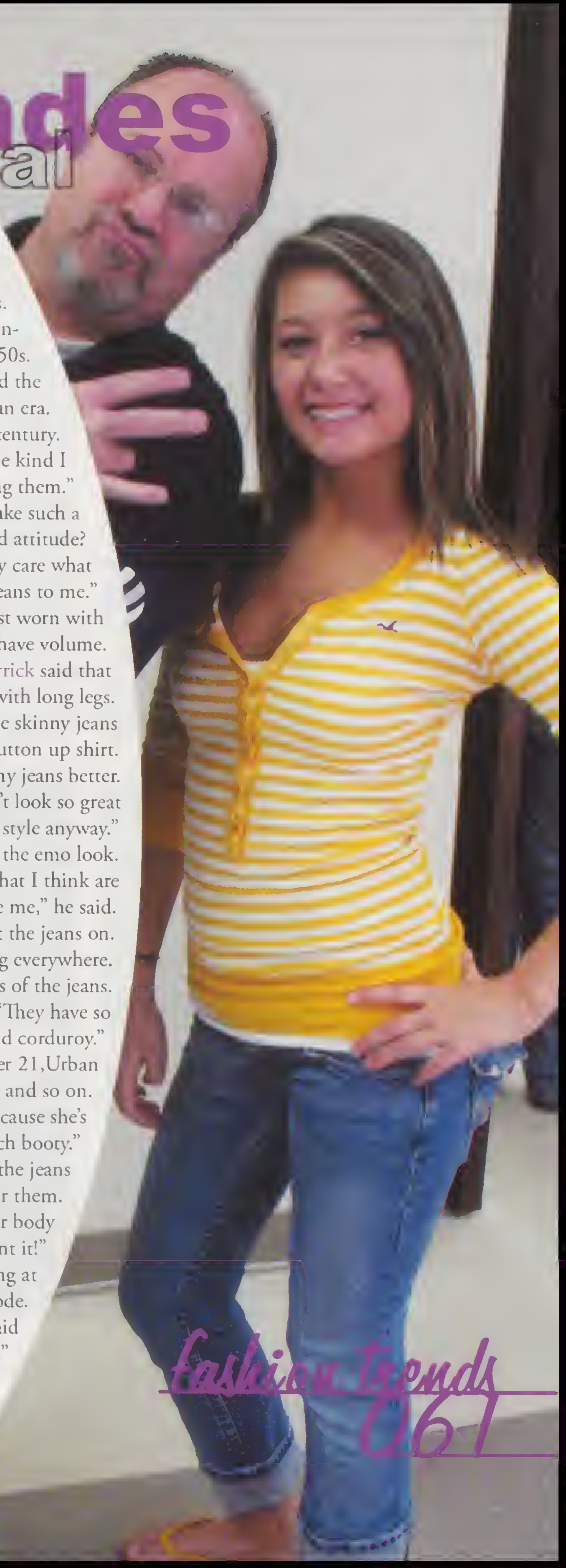
Herrick said that you can only look good in the jeans if you know how to wear them.

"Skinny jeans are great for accentuating your figure and the parts of your body that you love. Don't be ashamed of your body and flaunt it!"

So whether you're going out to a restaurant on Court Ave. or just eating at Mickey D's, skinny jeans could be part of your dress-code.

"No one's closet is complete without a perfect pair of skinny jeans," said Hill. "I just love skinny jeans. Period."

story by: Madison Williams



Seniors

Class of 09

Aguilar, Carolina

Aguilar, Jorge
NH 1-6.

Alexander, Alexis

Ambroson, Cecily
Basketball 1-4; Track 1-2; Volleyball 1-4.

Anderson, Stacy
AL; Concert Band 1-8; Handbell Choir 1-8; Jazz Band 3-4; Marching Band 1-8; NEHS; NHS; Sr. Board; Track 6-8; Wind Ensemble 3-6. Minn. State Univ.

Arnold, Todd

Austin, Jericka

Avila, Martha

Avila, Socorro

Baccam, Coby
ACE 3; French Club 4-8; Tennis 1-8; Volleyball 1-5.

Banks, Emily
AL, Scroll 4-8 (Ed. 7-8); SG 7-8; Wrestling Mgr 1-4.

Senior Info Abbreviations

ACE	Architects, Contractors & Engineers
AIB	American Institute of Business
AL	Academic Letter
BPA	Business Professionals of America
DMACC	Des Moines Area Comm. College
ISU	Iowa State Univ.
JA	Junior Achievement
LC	Leadership Council
NCYL	Nat. Council on Youth Leadership
NEHS	Nat. English Honor Society
NH	New Horizons
NHS	Nat. Honor Society
OA	Office/Library Aide
PEP	Pep "E" Club
SB	Science Bound
SG	Student Government
SS	Scarlet Standout
UB	Upward Bound
UI	Univ. of Iowa
UNI	Univ. of Northern Iowa

Barton, Patricia
Basketball Mgr; Sr. Board.

Bason, Erik

Bauer, Gage
DMACC

Baumgardner, Amanda

B[illegible], Samuel
Chess Club 3-8; Sr. Board 7-8;
Theater Arts 7-8, Voices Change 5-6.

Beck, Ken[illegible]

Bernabe, Luis

B[illegible], Catherine

Be[illegible], A[illegible]

Bishop, Erik
AL, ACE 3-4, JA 5-6, DMACC

B[illegible], Fa[illegible]

B[illegible], Dam[illegible]

B[illegible], Jacob

B[illegible]

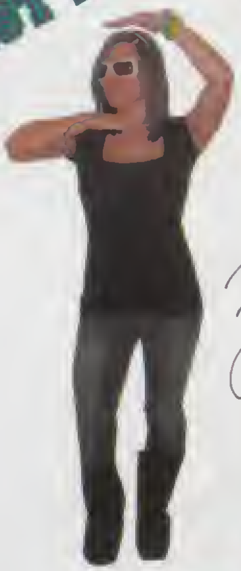
B[illegible], J[illegible]
Volleyball 5-6

B[illegible], Samantha
Art Club 3-6

BEST HAIR

Zamira Fraire

BEST EYES



BEST SMILE

Brad Davison

Boyd, Kaydie
Cheerleaders 1-5; Mixed Choir 3-4; Prep Choir 1-2; Sr. Board. DMACC

Boyd, Nichole

Bozman, Courtney
AL; Chamber Choir 7; Handbell Choir 1-4; Mixed Choir 1-2; NEHS; NHS; Swimming 7. UI

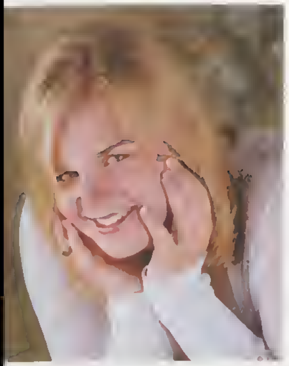
Branson, Michael

Brewer, Andrew
PEP 7-8; Spanish Club 5-6. DMACC

Brown, Aaron
Theater Arts 7-8. DMACC

Brown, Antionai
Basketball 1-4; SDS 7-8; Sisters for Success 1-8; Sr Board; Track 1-2; Project Sewing Machine 7-8.

Bruce, Kayla
Cheerleaders 1-2; Color Guard 5; Concert Band 1-2; Cross Country 1-7; Marching Band 1-2; SG 5-6; Track 2; Volleyball 1-3.



Burnett, Faith
AL; Concert Band 1-8; Jazz Band 1-8, Marching Band 1-8. UI

Bush, Morgan
Concert Band 1-8, Jazz Band 1-8, Marching Band 1-8.

Cain, Kerissa

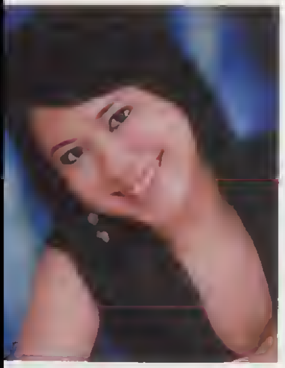
Cam, Ryan
AL; Chess Club 3-8; Football 1-8; NHS 7-8; Soccer 1-8, Sr. Board. ISU

Cameron, Ebony
Golf 6-8; Mimes 7-8; Mixed Choir 3-8, Sisters for Success 5-8.

Campbell, Andrea

Campbell, Samuel

Cardenas, Saul

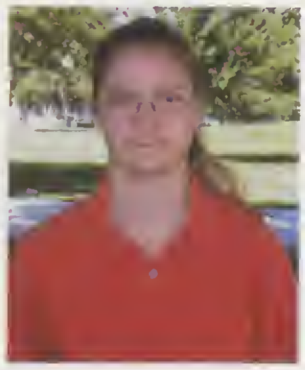


Cavan, Nari
AL; PEP 7-8. ISU

Ceballos, Jessica
Mimes 5-6; Photojournalism 1-2; Soccer 5-6.

Chandler, Skylar
Institute of Art (Illinois)

Chang, Jennifer
AL; ACE (Lead Archit.) 3-4; Boxing 5-6; CAPI 5-6; Capoeira 3-4; Concert Band 1-2; IAA 5; Japanese Club (Pres.) 1-8; Marching Band 1; Mock Trial (Head Attorney) 1-2; NCYL, NHS, Spanish Club 5-8 (Pres. 5-6); Tae Kwon Do 1-2; Web Design Group (Chairman) 1-8



Chanthavisouk, Emily
PEP 7-8; SG 7-8; Fusion 3-4. DMACC

Chapman, John

Chase, Margery

Chapman, William
Basketball 1-8; Football 1-8; French Club 3-4; Journey 1-8. JA 1-2; SB 1-2. UNI

Clark, Ashley

Clouse, Jasmien
Cheerleaders 5-6; Class Officer 7-8; I-JAG 5-6; NH 1-6; Sr. Board.

Coleman, Johnny
Cross Country 3-5; Wrestling 1-8. Grand View Univ.

Colvert, Emily
I-JAG 1-4.

Conkel, Megan
Basketball 1-2. DMACC

Connor, Cillian

Connett, Larissa
AL, Cheerleaders 1-8 (Capt. 8); Competitive Speech 1-8; NCYL 6-8; OA 3-4; Quill 3-8 (Ed. 5-8); Sr. Board; SG 3-4 (Treas. 3-4); UCA All-Star 3-8.

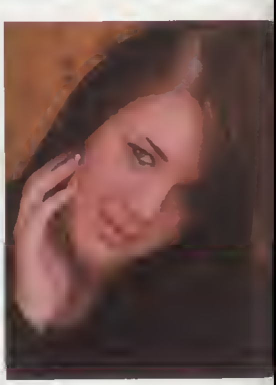
Consolver, Tabitha

Contreras, Gaspar
Soccer 3-6.

Cook, Nichole
OA 3-4, 7. DMACC

Corona, Giselle

Cory, Michelle
Cheerleaders 1-6. DMACC



Coyle, Andre

Cozad, Joshua
Baseball 4-8. DMACC

Cunningham, Jasper
Track 8; Wrestling 7

Cunningham, Joshua

Dameron, Ashley
Journey 5-7; SB 2-8; Sisters for Success 1-8; Softball 1 2; Track 3-8; Volleyball 1-8; Youth Leadership 5-8. ISU

Davidson, Michael
Concert Band 1-8. Marching Band 1-8.

Davies, Kristen
Concert Band 1-8. Handbell Choir 1-8; Marching Band 1-8; School Play 6; Show Choir 1 2; Wind Ensemble 5-8. DMACC

Davis, David

Davison, Bradley
AL; ACE 7-8; Football 1-8; Journey 1-8; NCYL 6-8; SG 7-8.

De Leon-Valdez, Jose
NH 6.

Deever, Jeremiah

Delisle, Anthony
Drake Univ.

BEST BUTT

Ayanna Prince

BEST LEGS

Ryan Cam
Brittany

BEST DRESSED

Brooke Green

DeMoss, Christina

Denin, Kristina
Handbell Choir 1-8; Orchestra 1-8.

Dennie, Arnesha

Dobson, Neil
I-JAG 1-4; OA 3; Wrestling 1-2.
DMACC

Donahue, Nathan

Drake, Julieann
Cross Country 5-8; French Club 3;
PEP 1-2; Soccer 4; Sr. Board.

Drewes, John
School Play 5-6. Army

Eckardt, Shelby

BEST BODY ART

Seth

Sara Wagner

Bethany

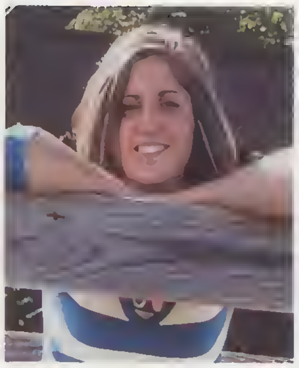
Kimmy Jay

BEST FRIENDS

BIGGEST AIRHEADS

Luke

Megan Gabriel



Edvenson, Travis

Edwards, Justin
Track 4. DMACC

Ellis, Natasha
Basketball 2-8; PEP 7-8; School Play 3-4; Theater Arts 3-4; Sr. Board.

Erickson, Taylor
I. T. Olympics; Wrestling 1,
Faux, Kimberly—Soccer 3-4; Sr. Board 7-8; SG 7-8.

Faux, Kimberly

Feldmann, Eric
AL; Basketball 1-8; Football 1-8; I-JAG 5-6; NCYL 7-8; Track 1-2.

Fetters, Kelly
AL; Football 3; Wrestling 5-6.
ITT Tech

Ficek, Alexis
Softball 1-4; Sr. Board 7-8;
Track 1-4. Kirkwood

Fields, Kalynn
Basketball 1-8; Sr. Board 7-8;
Track 1-8.

Fierro, Eric
Cross Country 7-8; Soccer 1-8.
DMACC

Fogle, Robert

Ford, Kody
AL; ETS 1-8

Foster, Alison

Fraire, Zamira
AL; French Club 3-4; Iowa Youth Congress 5, 7-8; NHS 7-8.

Frazier, Jessie

Funaro, Anthony
Baseball 4, 6, 8; Football 1, 3.

Gabriel, Megan
AL; Sr. Board 7-8.

Gagle, Seth

Glynn, Mariah
School Play 3-6; Japanese Culture Club.

Godoy, Elizabeth
Chamber Choir 3-4; Football 1-2; School Play 3-4; SB 1-2; Show Choir 1-4; Sr. Board 7-8; Track 3-8.

Gogerty, Ashley
AL; Big Brothers/ Big Sisters; Cheerleaders 1-8; Competitive Speech 3-8; NHS 5-8; PEP 5-8; School Play 3-6; Show Choir 1-6; SG 7-8. Grand View Univ.

Gomez, Lacey
Parenting 5-6, 7-8; Sr. Board 7-8; SG 7-8.

Good, Tailar

Green, Brooke

Hager, Amber
Photojournalism 3-4; Sign Language Club 3-4. Art Institute

Harmon, Jordan

Harris, Richard

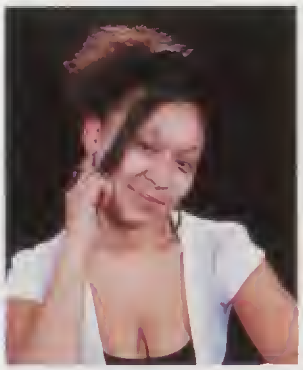
Harrison, Jacob

Harrold, Salena

Hauser, Chrisann

Henderson, Miranda
Basketball 1-2; I-JAG 1-2, 7-8; Soccer 5-6, 7-8; Softball 1-6.

Hensley, Brian
AL; Football 1-8; NHS 7-8; Track 1-2; Wrestling 1-8.



Hill, Jessica

Holcomb, Morgan

Hudson, Johnica
Concert Band 1-8; Marching Band 1-8

Hughes, Charles

Hunter, Keith
Basketball 1-8.

Huxford, Natasha
Bowling 5, 7 Grand View Univ.

Janssens, Stephanie
AL; Cross Country 1-8, Golf 5-8; NCYL 5-8; NHS 5-8; Softball 1-2; Track 1-4. UN Trip; Sr. Board. ISU

Jetty, Ariel
AL; Basketball (Mgr) 1-4; Cross Country 1-8; Golf 1-4; I-JAG 1-2; NCYL 7-8; NHS 7-8; PEP 1-2; Students Beyond War 5-8; Sr. Board.

BIGGEST FLIRT

Missy Wimer

CLASS CLOWNS

Skyler Johnson

FUTURE HALL MONITORS

Miranda Henderson

Zach Owens

LaRissa Connett

NEXT PRESIDENT

ONE-OF-A-KIND

Shawna Wilson

Senior Tailgating
(AKA The Tribe)

MOST SCHOOL SPIRIT

Johnson, Andre

Johnson, Skylar
Basketball 1-8: School Play 4: Sisters for Success 1-8; Stud. Gov't 7-8; Track 8.

Kern, Kelsi

Kilby, Jessica
AL; Bowling 5-8; NHS (Treas.) 5-8; PEP 7-8; Sr. Board. Mid-American Nazarene Univ.

Kingery, Joseph
Football 1-8.

Kin er, Allison
Golf 1-2; Softball 1-2.

Kolangvan, Darika

Kyalangalilwa, Claudia
AL; Concert Choir 2-4; IHSSA 5-8; Iowa Youth Congress 5-8; NCYL 6-8; School Play 5-6; SB 1-5; SG 1, 7-8. UI

Lair, Zachary

Lammey, David

Langford, Dionna
Chamber Choir 5-8, NCYL; School Play 1-6; Show Choir 3-8, Sisters for Success 1-4; SG 5-8 (Sec. 7-8). IHSSA 3-8.

Limthil, Nis

Leuang, Kurtis

Lewis, Lois
AL; Cheerleaders 1-8; NH1-6; Sisters for Success 1-8; Sr. Board 7-8; SG 7-8; Track 1-2, 5-8. UI

Lovell, Ashley
Quill 4-8; Sr. Board.

Luongvan, Colby

Manley, Luke
Football 7; Track 8. ISU

Mann, Jacob

Manson, Shardaine

Manson, Sharde

Marquez, Linda

Mata, Genaro

Mattalde, Deconel

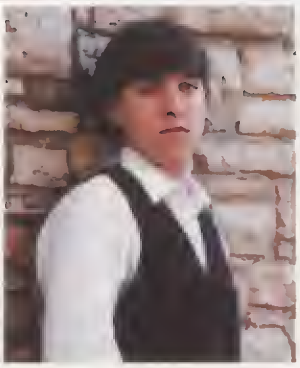
Mattix, Stacia
AL; Basketball 1-4; Equip. Mgr. 1-4; Football 1; Golf 8. Mercy Health and Science College

Mbere, Patrick

McCuddin, Molly

McGinn, Justin

McGinnis, Theodore
Debate 5; JAG 3. DMACC



McKeehan, Richard

McKeever, Hannah
AL; Handbell Choir 3-8; Orchestra; Chamber Orchestra 1-8; Soccer 1-4.

Meath, Derrek
AL; ACF 3-6; Soccer 4, 6; Sr. Board; SG 5-8 (Treas. 7-8).

Michelsen, Chan[illegible]l

Miller, Elysia

Montalvo, Jorge

Moore, Jeffrey
Chess Club 4-8, Debate 7; Football 3; Orchestra 1-8; Chamber Orchestra 5-6; We the People 7.

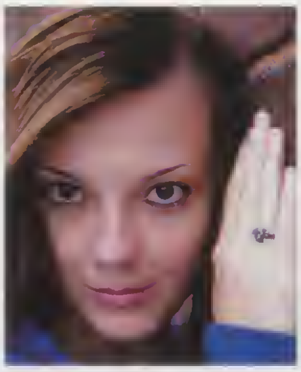
Moore, Ky[illegible]e
Art Club 3.

Moore, Precious
Sisters for Success 5-8. Grand View Univ.

Morton, Courtney
AL; Cheerleaders 3-4, Sr. Board; SG 3-8 (Pres. 7-8

Mota, Alis
Drama Club 7; Mimes 7; PEP 7; School Play 2.

Mullen, Emily
Show Choir 1-4; Swimming 3-7



MOST LIKELY TO SUCCEED

PaWang

MOST DRAMATIC

Joanna Marie Powers

MOST ATHLETIC

#23

Mullin, Meribeth
Prep Choir 1-2; Softball 1-4; Volleyball 1 2.

Murillo, Ruby
Cross Country 5; SB 1-8, Soccer 2, 4, 8, Sr. Board, ISU

Murray, Morgan
AL; SG 7-8, Tennis 6-8; ITP; Iowa Youth Congress.

Nguyen, Doan

Nguyen, Phuc
Soccer 5-8, Wrestling 5-8.

Nichols, Patrick

Nixon, Joseph
AL, We the People 7-8.

Nizzi, Antonio

MOST ARTISTIC

Courtney Bryman
Randy Sharp

CLASS COUPLE

John Swanson
Rose VanGundy

Jasmien Clause

KID AT HEART

Odegaard, Jamie
NH 2-7; Spanish Club 5-6.

Oliver, Cody
Chess Club 1-8; Football 1-5. UI

Oliver, Danielle
Quill 4; SB 1-8; Sisters for Success 3-6; Sr. Board; Track 1-8; We the People. ISU

Omundson, Kyle
AL; ACE 7; NHS; Quill 3-8; Sr. Board. DMACC

Orellana, Estuardo

Owen, Jordan
Basketball 1-8; Football 1-8; Journey 3-8; Sr. Board; Track 1-8.

Pacha, Elaine
Art Club 1

Padgett, Daniel
Football 1; Photojournalism 1, 7

Palmer, Christina
Soccer 3-8.

Parker, Amy
AL; NYCL; Quill 4-6; Softball 1-8.
Spanish Club 1-2.

Parsons, Devan

Patrick, Steven
Football 1-4.

Patterson, Meleah
Mixed Choir 1-8; Show Choir 1-2.
DMACC

Perkins, Jocelyn

Peters, Jacob

Peters, Joanna
AL; Chamber Choir 5-8; IHSSA 1-8; PEP 7-8; School Play 3-6; Show Choir 1-8; Sr. Board; SG 7-8; Volleyball 5-6; We the People; Wrestling Equip. Mgr. 5-6.

Petrie, Jordan
AL; Prep Choir 1-4; School Play 2; Sr. Board; Volleyball 1-3. Ozark Tech

Phommavong, April

Phondetl, Pretsa
JROTC. USMC

Poland, April

Porter, Tiffanie
AL; Basketball 1-8; Drama Club 1-8; School Play 3-6; Sisters for Success 1-8; Sr. Board; Track 1-8. UNI

Renero, Frank

Reyes, Adriana
AL; I-JAG 7-8; PEP 7-8; Science Bound 1-6; Sr. Board; Track 1-2.

Reyes, Janeth
Spanish Club 3-4.

Rhoades, Gage
Baseball 1-8; Basketball 1-2, 5-8; Football 7-8

Rife, Chelsea
AL; NHS; Softball 1-4.

Ritchie, Amy
AL; Book Club; Japanese Culture Club 3-8. NEHS; NHS. Univ. of Washington

Robinson, Brianna

Robinson, Kimberly
Basketball 1-2; Golf 1-2; Softball 1-8; Volleyball 1-6.

Robinson, Shahira
AL; NCYL; NH 3; School Play 4; Sisters for Success 1-4; Track 1-8.

Robinson, Tiara
Japanese Culture Club 1.

Robles, Cecilia

Rockey, Erica
Book Club 7-8; J J JA 7-8; NEHS (Sec. 7-8); Readers for Leaders 5-6; Scroll 3-8 (Ed. 7-8); Soccer 5-8; Volleyball 1-2; We the People; Youth Leadership Initiative.

Rodriguez, Guadalupe

Rodriguez, Jesus

Rodriguez, Karen
NHS; Soccer 7-8; UB 7-8.

Rogers, colin

Rothmayer, Joshua

Rowe, Kyle
School Play 3, 6; Swimming 1 8. Simpson College

Sable, Jacob
Cross Country 7; Swimming 7-8; Track 6, 8.

Sandoval-Garcia, Jose

Sandoval-Garcia, Maria

Sarmiento, Zoila
Cross Country 7; Sr. Board, Track 6, 8. Drake Univ

Scanlon, Brittany

Scott, Samantha

Seward, Heather
Cheerleaders 1-8; Sr. Board. ISU

Shepherd, Charissa

Sibert, Tayler
Concert Choir 1-4, 7-8 DMACC

MOST INVOLVED

Ashley Eagely

BEST CAR

Matthew j Webb

Nicole Wilband

WORST CAR

Ariel Jeffery

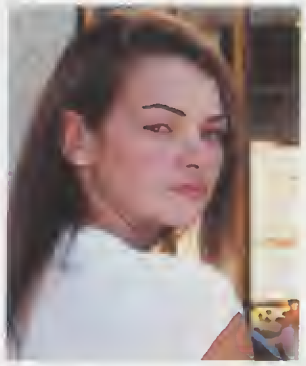
Jordan wentland

Skeffington, Chauncy

Smith, Erin

Smith, Katelynn

Smith, Kiandre
AL; Basketball 3-8; Drama Club 1-2;
Football 1-8; Journey 3-8;
NCYL, NHS; SB 1-5.



Smith, Marcus
Basketball 1-2; Football 1-8;
I-JAG 1-8; OA 6; Track 8.

Smith, Richard

Soe, Mark

Soukrasmy, Neela
Cheerleaders 1-2; Track 1-4, 7-8.
Art Institute of Minn.

Spaur, Brett

Spurgeon, Crystal

State, Michael
AL; NHS; Sr. Board;
SG 7-8.

Stephens, Tara

Stevens, Anthony

Stevens, Donald

Stevens, Karlie

Steward, Thomas
Football 1; Theater Arts 7-8;
Track 5-6.

Stilson, Brittany

Strahl, Alyssa

Jessica Kilby

ALWAYS LATE

Sam Campbell

Stuehr, Allison
AL; Basketball 1; IHSSA 3-8; NHS; Soccer 1-8; Softball 2; SG 7-8; Swimming 7

Swackhamer, John

TEACHERS PET

Swanson, Johnathon

Sysombath, Bobby

TEACHERS WORST NIGHTMARE

Syvixay, Brittany
Cheerleaders 3-8; IHSSA 1-4; PEP 7-8, Quill 4-8; Sr. Board. ISU

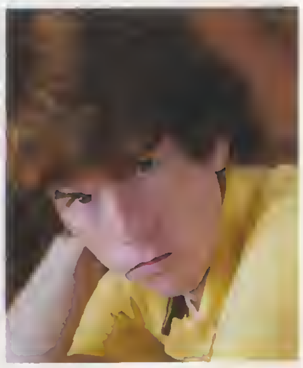
Tappan, Katelynn
AL; Cheerleaders 1-2, 5-8; I-JAG 7-8; Sr. Board; Steppers 3-4.

Tharp, Randy
Cheerleaders 5-8; Mixed Choir 1-4; Scroll 4, 7-8; Show Choir 1-4. DMACC

Thompson, Marissa
AL, Sr. Board (VP); Swimming 5-6.

Thompson, Scott
AL; Quill 5-8. DMACC

Thurmond, Megan
AL, Concert Band 1-8; Marching Band 1-8; Swimming 1-8.

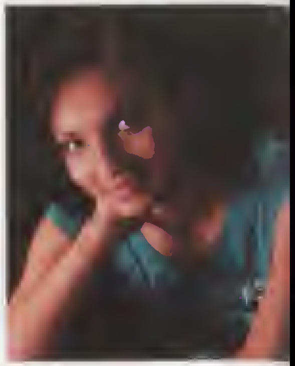


Tiano, Nicholas

Torres, Samantha
Debate 5; OA 6; Sr. Board; Track 1-8; Wrestling Equip. Mgr. 5-8.

Torres, Thomas

Turner, Diamond
Debate 4-5; Mock Trial 4-8; NEHS; SB 1-5; Sr. Board; Track 2. ISU



Tutje, Travis
Concert Band 1-8; Marching Band 1-8.

Ukpan, Horatio

Ulmer, Melissa
Softball 1-8; Volleyball 1-8.

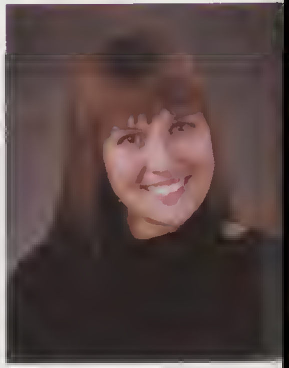
Underwood, Bradley
Football 1-5.

Uvalle, Leslie
DMACC

Vang, Naipong

Vang, Pa
AL; Cross Country 3-8; Equip. Mgr. 1; NYCL; NHS (Pres.); Orchestra 1-8; SG 6-8; Track 4-8; UB 2-8. Central College

VanGundy, Rose



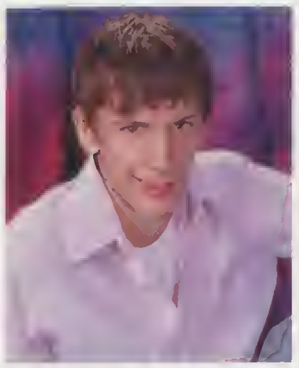
This one's to all of us sitting around here on Friday night... I remem

Vargas-Palma, Yuri

Velasquez, Maria-Monica

Verwers, Ryan

Villalobos, Jay
Concert Band 4-8; Football 1-4; Jazz Band 4-8; Sr. Board.

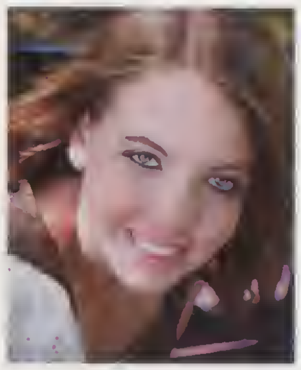


Vincent, Aaron
AL; Debate 3-5; Quill 5-8 (Ed. 7-8). ISU

Vry, Kylie
Quill 3-8 (Sports Ed.); Softball 1-4; Sr. Board; Volleyball 1-2.

Wade, Brooke

Wagner, Christina

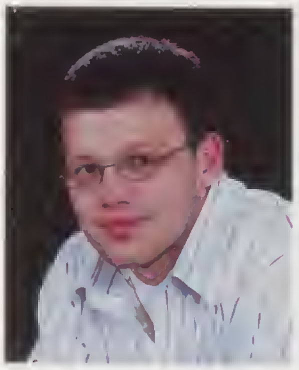


Wagner, Sara
Basketball 1-8; NHS; SG 7-8.

Walker, Jeffrey

Walker, Pamela
BPA 5-6. DMACC

Warren, Loinesha



Waters, Devin

Webb, Matthew
Tennis 5-8; Wrestling 1-8.

Weesner, Crystal

Weichman, Brittani
AL; NYCL; Steppers 1-6.
UW at Madison

ighteen, hated Mondays and sitting & staring at the clock dying to get away.

WEITZHEIMER, RANDY

WENTLAND, JOHNNY
Orchestra 1-4; Sr. Board: Tennis 5-8.
Kirkwood

WENTLAND, JORDAN

WIDLUND, MATTHEW
Baseball 1-8; Basketball 1-2; Football
1-8; I-JAG 5-8.

WILES, MARKEY

WILFORD, NICOLE

WILKINSON, BRITTANY
NYCL; Soccer 1-8; SG 7-8;
Swimming 1-8. UNI

WILLIAMS, CHRISTOPHER
Chamber Choir 3-8; NYCL; School
Play 4; Show Choir 7-8;
IHSSA 1-8; We The People
7-8. Simpson College

WILLIAMS, TRAVIS
Scroll 5-8; Soccer 6; Sr. Board;
We The People 7-8.
Simpson College

WILLSON, SHEENA
Kirkwood

WILSON, DERICK

WILSON, SHAWNA
AL; Color Guard 3-8; Handbell
Choir 1-4; NHS; Orchestra 1-8;
PEP 7; Quill 4.

WISNOUSKY, TYLER
Soccer 4-6.

WOODS, KATIE
Concert Band 1-8;
Marching Band 1-8;
Sr. Board.

WRIGHT, HEATHER
Mixed Choir 3; Prep Choir 1-2.

YORK, PATIENCE
Sisters for Success 1-8; Track 1-2.

YOUNG, CHASE

YOUNG, JENNIFER
AL; Debate 1-6; Key Club 1-2;
Concert Choir 3-6; School Play 3-6;
Sr. Board; Tennis 4-8. IHSSA 3-8.
Grand View Univ.

YOUNG, ROBERT
Concert Band 1-8; Debate 3-5;
French Club 3-4; Handbell Choir 6;
Jazz Band 5-6; Marching Band
1, 3, 5, 7; Tennis 5-8.

ZENOR, JOSHUA

This can't last forever, raise a glass together, no better than this can't

Don't forget us...

Ashley Ackelson
Soccer 7-8, ISU
Matthew Ayala
Christopher Baccam
Jacob Bailiff
Marching Band 7-8
Marlene Bautista
Luis Bernabe
Antonio Bernardino
Kyle Blair
Robert Blair
Andrew Bradley
Tarayia Brooks
Thomas Briccione
Shy Londa Bumpus
Deron Butts
Robert Byron
Damien Cain
Thelma Cain
I-JAG 7-8, Sisters for Success 1-8, UNI
David Cairns
Zachary Campfield
Micheal Carolus
Football 1, RIP 1-2
Wrestling 1-2, 7-8
Cody Carruthers
Jenny Chai
Kai Chanthakham
Chelsea Clay
Anthony Cross
Robert Davis
Angel Decker
AL, Chess Club 5, Mixed Choir 1-2, Tennis 2,4,6,8, ISU
Justin Defrancisco
Kalia Deek
Kirsten Dellaca
Panther Deng
Tram Do
Kendi Dockum
Matthew Drew
Concert Band 1-8,
Marching Band 1-8
Mohamed Elmamoun
Elizabeth Etter
Kenneth Ferguson
Cross Country 7, Track 8
Johnathan Fisher
Mayra Flores
Brandon Fredrickson
Freddie Frencher
Jessica Gaines
Amanda Galvan
Timothy Gibson
Ryan Gile
Phillip Gomez
Andrea Green
Rebecca Green
Baxter Grimm

Kerrie Gruwell
OA 1-2, Spanish Club 5-6, We the People 7-8
Dustin Hadley
Anthony Hall
Concert Band 1-8, Jazz Band 1-8, Drumline 1-8
Taevon Harris
Robert Hawthorne
Gerard Henderson
Jordan Henkle
Adrian Hernandez
Jonathan Hernandez
Football 1-4, I-JAG 5-6
Devon Herold
Christopher Hols
Thomas Howe
Sashekwa Hughes
Mimes 7-8, Sisters for Success 8, DMACC
Isaiah Jackson
Joanna Jackson
Pearle Jones
Kevin Khanthavong
Kameran Lampe
Corey Le
Mark Lester
Linda Lovan
Nisa Lovan
Track 6, UB 5-6
Nicole Lukenbill
Kayla Madison
Alec Martin
Football 1-5, I-JAG 6-8
Corey Massey
Football 5-8
Veronica May
Marshall McKay
Football 1-8, I-JAG 6
Eric Michael
James Michael
Tyler Miller
Mario Moreno-Figueroa
Levi Nali
Theresa Neal
Shawn Nelson
Jamal Parker
James Parker
Omar Patino
Edward Perkins
BPA 3, Theater Arts 7
Thomas Phanphasy
Justin Porter
Katie Price
AL, Chamber Choir 3-6, Cheerleaders 3-6, Competitive Speech 3-8, NHS 2-8, School Play 3-4, Show Choir 8, Soccer 1-8, Wrestling Equip. Mgr. 1-8, Morningside College
Ayanna Prince
Basketball 7-8, Sisters for Success 7-8, Sr. Board, SG 7-8
Exavory Rankins
Daluney Ratsakanh

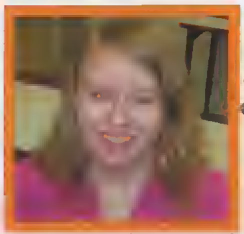
Roberto Raya
Richard Reed
Matthew Renco
Benjamin Reveleto
Thorin Richardson
Adam Robbins
Lakeitha Robinson
Sisters for Success 1-8, DMACC
Antonio Rodriguez
Diangelo Rosenbaum
Daniel Ruacho
Stephanie Rumbaugh
Calab Rustan
Jamie Scott
Stephen Sheridan
Anthony Shimer
Stephan Sinclair
Brandy Sisamouth
Alexandria Slieka
Skylar Smith
Conner Spinks
Iowa Youth Congress 3-8
Robert Starace
Chamber Choir 3-8, Concert Band 1-8, Handbell Choir 4-8, Jazz Band 8, Marching Band 1-8, Sect. Ldr. 3-8, School Play 2-3, Wind Ensemble 5-8
Josephine Starks
Joseph Steiniger
John Streeter
Christopher Sullivan
Katelyn Sundi
Basketball 7-8
Corey Swisher
OA 7-8, Police Academy
Zaneta Taylor
Jeret Teichroew
Cameron Thompson
Nicholas Titus
Samantha Toomer
Anousone Tran
Football 7-8, Soccer 1-8, DMACC
Lesly Trejo
AL, SB 1-2, Soccer 5-6
Shanae Turner
Abigail Urbina
Joey Vang
Merary Villegas
Ashley West
Edwinn Whalen
Kian Wiand
Ashley Wignall
Prep Choir 1
Alex Wilson
Mikayla Woods
Nytasha Wyant
Outhai Xaysana
Steven Yugusuk

forever, raise a glass together, doesn't get much better... no better than this

SIMPSON
COLLEGE

Matt [illegible] (12) is heading to Simpson College and planning on majoring in sports science. "I like Simpson because it is close to home," he said.

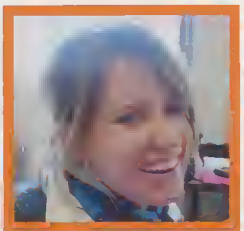
what did you want to be when you grew up?



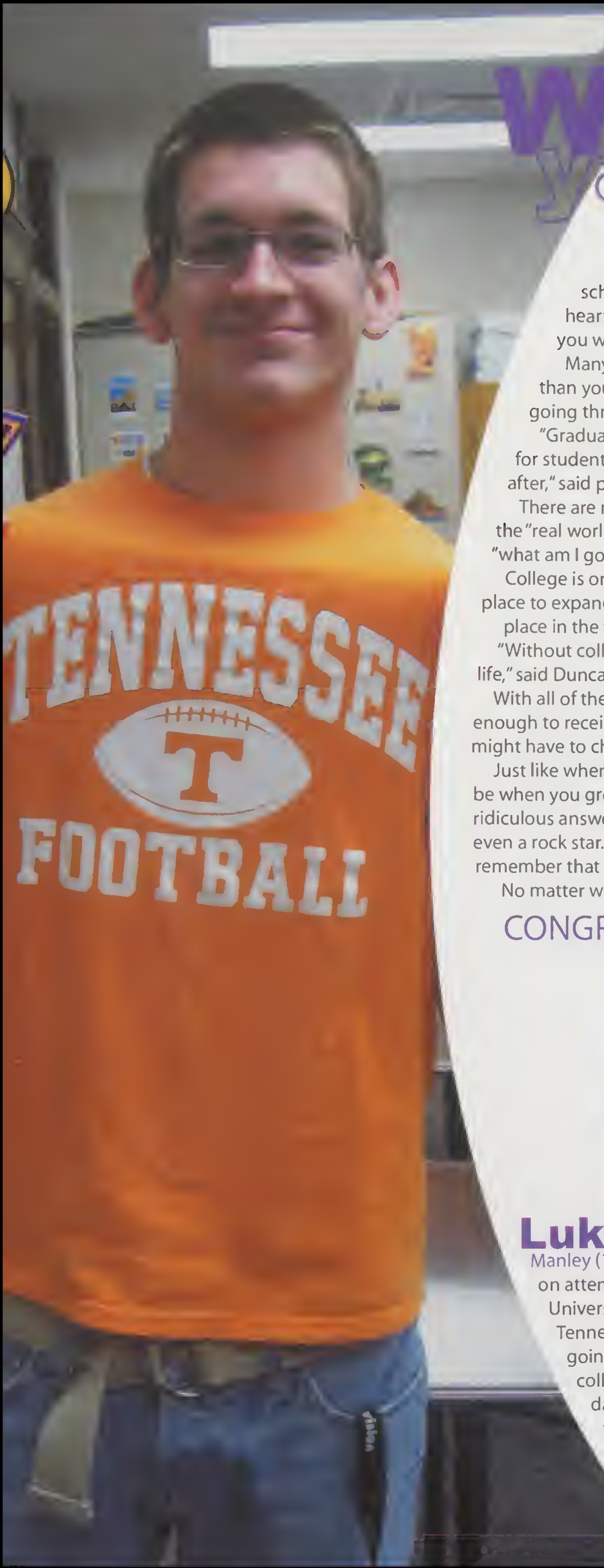
Amy Ritchie [12]

"When I was a little kid, I always dreamt of being a ballerina."

"As a little kid I always wanted to grow up to be an artist."



Chrissy Hauser [12]



Where ya headin'?

Story/Layout by: Kylie Vry

Senior year definitely includes a hectic schedule, especially when trying to squeeze in every last heartfelt memory to last you a lifetime. But what happens after you walk across the stage and receive your diploma?

Many have said, "There is a bigger world out there, bigger than you can imagine." This is what seniors all over the world are going through.

"Graduating high school is a huge step, but the biggest challenge for students these days is what they are going to do with their life after," said physics teacher Nancy Duncan.

There are many choices one has to make after stepping into the "real world." The first question one is probably asking themselves is "what am I going to do now?"

College is one of the most common choices made from seniors; it is a place to expand one's horizons and to help find their right place in the world.

"Without college, one is really missing out on a more prosperous life," said Duncan.

With all of the racket from the economy crisis, many will not be fortunate enough to receive the financial aid available for attending college. Many might have to choose to walk right onto a long career path.

Just like when we were young, people asked "what do you want to be when you grow up." One might have responded by naming off some ridiculous answers such as: an astronaut, a princess, a police officer, maybe even a rock star. These answers may seem "out-of-this-world," but just remember that you can accomplish anything if you put your mind to it.

No matter what path you choose, make sure it is the right choice for you.

CONGRATULATIONS AND GOOD LUCK TO THE CLASS OF '09!

Luke Manley (12) is hoping on attending the University of Tennessee after going to a JUCO college. Some day he hopes to go into politics.

Living up every last bit

Story/Layout By: Ashley Lovell

Everybody knows they can't be a kid forever, but what about all the great times you had as a child? Or the memories you had during your high school career that has slowly come to an end. We'll never let those memories fade because what you remember may be significant in the future, whether it's telling a friend or your children or maybe even your grandchildren. The good times will never be lost. You only have four years have to make your high school experience worthwhile.

At the beginning, a Scarlet is afraid to be a part of the school as a freshman, still trying to find your way around as a sophomore, finally getting the hang of it as a junior, and then your senior year: the last chance to soak up your childhood.

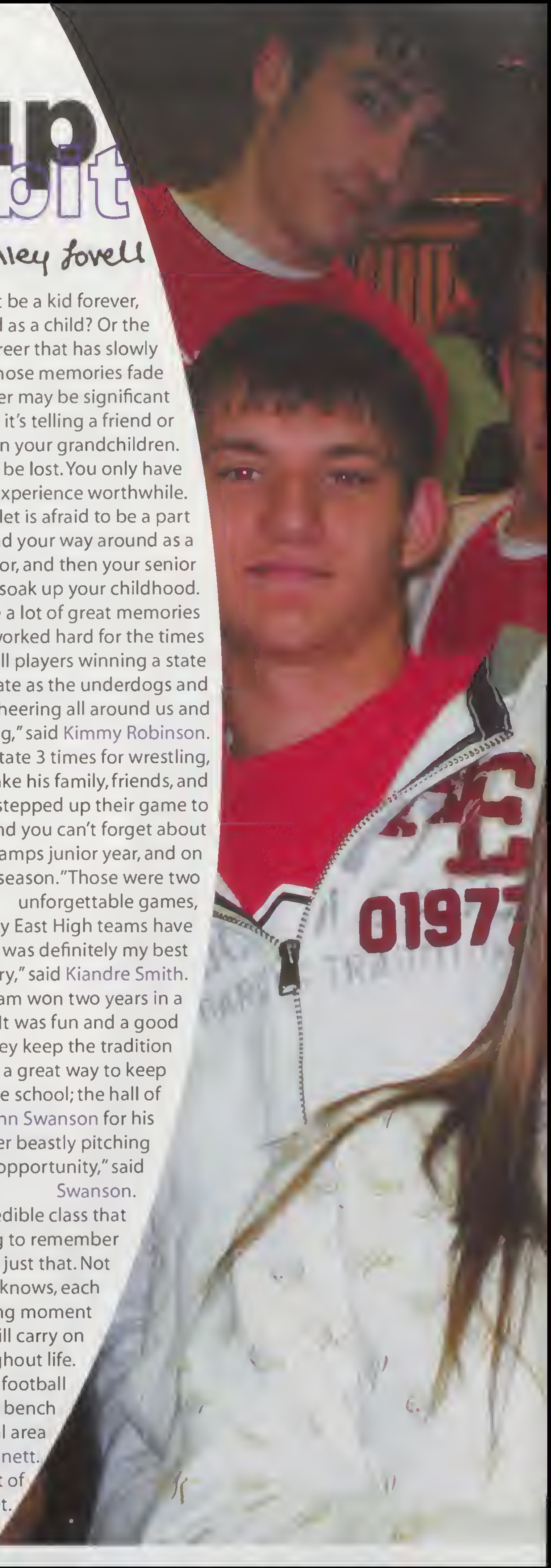
The class of '09 has made a lot of great memories during their stay at East High. This class worked hard for the times they'll never forget such as our senior softball players winning a state championship their freshman year. "Going to state as the underdogs and sitting in a shaking dugout with the crowds cheering all around us and then winning felt amazing," said Kimmy Robinson. Johnny Coleman went to state 3 times for wrestling, he strived for excellence every time to make his family, friends, and community proud. Senior basketball girls stepped up their game to make it to state during our sophomore year and you can't forget about our football boys winning Conference Champs junior year, and on again to City Champs at the end of the 2008 season. "Those were two unforgettable games, not many East High teams have made it there before. It was definitely my best high school memory," said Kiandre Smith.

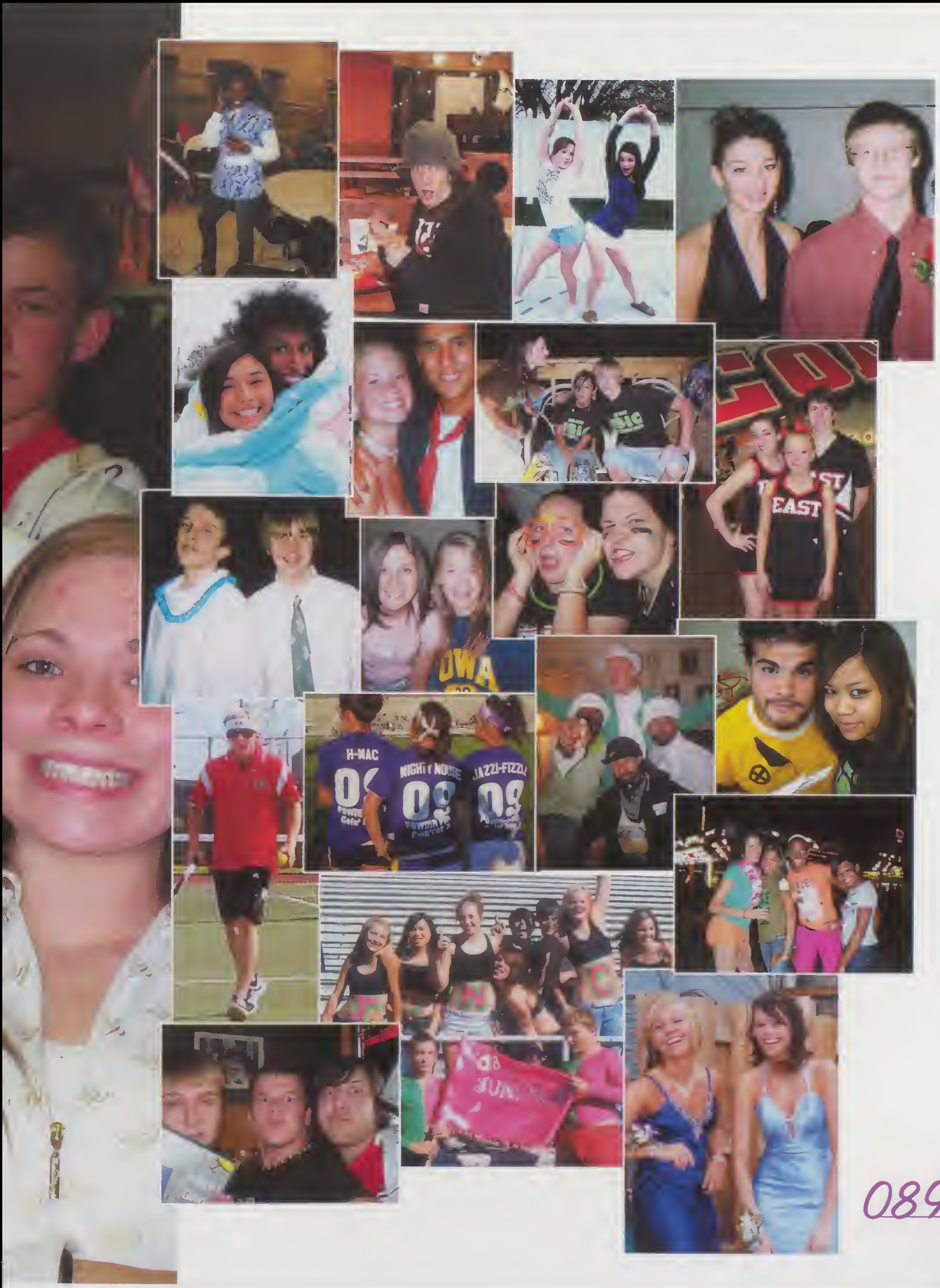
The '09 powder puff team won two years in a row competing in the homecoming tradition. "It was fun and a good learning experience for the team, I really hope they keep the tradition going," said Skylar Johnson. Sports are a great way to keep your name a part of the school; the hall of fame has a few new senior faces such as John Swanson for his amazing football talents and Kylie Vry for her beastly pitching skills. "Being a part of the hall of fame is a great opportunity," said Swanson.

Every year there is an incredible class that works hard to leave East High with something to remember them by, and the 2009 seniors accomplished just that. Not every memory is something the whole school knows, each senior has a little secret, maybe an embarrassing moment or their favorite thing about school that they will carry on with them throughout life.

"While cheering during a football game my freshman year I went to sit on the bench and sat on a bee in front of everyone, my general area swelled up like a balloon," said LaRissa Connett.

Live, laugh & love every bit of your life every chance you get.




H-MAC
MIGHTY MOUSE
JAZZI-FIZZLE
09
EAST
OWA

Remember When This Happened?

Story/Layout by: Kyle Omundson

When you take a look back at this yearbook, you will probably have plenty of memories that will take you by surprise. Many major events happened outside of high school life as well.

The Presidential Election between Barack Obama and John McCain was one of the most recognized events of the year. No matter which candidate was elected to take office, history would be made. If McCain was elected, his running mate Sarah Palin would be the first female Vice President. Obama would become the first African American President if he was elected. It all came down to Obama being elected as the 44th President of the United States.

A transition was to occur for television broadcasting on February 17, but the date changed to June 12. On this date, all stations must stop analog broadcasting and start broadcasting in digital. Digital television (DTV) offers more channels, as well as better sound and picture quality. This change mainly affected televisions that were run with outside antennas or inside "rabbit ear" type antennas. A converter box was required for all of the televisions that were connected to these antennas. Government coupons were available to help pay for the cost of the converter box for those people.

Despite the tough economy in the fall and winter, people caught a break on gas prices. The cost of gas over the last summer reached record highs at over $4 per gallon. However costs dropped dramatically in the fall and winter months. On December 31, Iowans had more to celebrate than just the new year. Iowa averaged gas prices of $1.55 on this day.

Throughout the rest of these two pages, you will find more popular tidbits that will remind you of the events from this year.

NO SMOKING
THIS SALE $
GALLONS
PRICE PER GALLON $
Pump #
6
Unleaded
Unleaded + CONTAINS 10% ETHANOL
Premium
87
89
91
Press octane button to begin fueling.

Gas Prices around Des Moines went up then down to $1.77 per gallon on between 2008 and 2009.

Fun Facts 2008/2009

Digital converter boxes replaced the good ol' bunny ears for home television sets in mid summer 2009.

Music

Kid Rock releases a song that clashes the classic songs of Lynyrd Skynyrd's "Sweet Home Alabama" and Warren Zevon's "Werewolves of London" together to form a mega-hit on the radio. The song title was "All Summer Long", but people will probably be singing it over and over for years to come.

Sports

The Pittsburgh Steelers win the 2009 NFL Superbowl XLIII against the Arizona Cardinals. The final score was 27-23.

The Philadelphia Phillies defeat the Tampa Bay Rays in the 2008 MLB World Series. It was Tampa Bay's first visit to the World Series as a team.

Jimmie Johnson wins his third consecutive Nascar Sprint Cup championship in 2008. It tied him with Cale Yarborough for the most consecutive titles in the series.

Deaths

George Carlin (May 12, 1937-June 22, 2008)

Paul Newman (January 26, 1925-September 26, 2008)

Heath Ledger (April 4, 1979-January 22, 2008)

Bernie Mac (October 5, 1958-August 9, 2008)

Charlton Heston (October 4, 1924-April 5, 2008)

Auto

Best Selling Truck of 2008 in America-Ford F-Series

Best Selling Car of 2008 in America-Toyota Camry

I Jordan Wentland
will my amazing singing skills to...
Brady Burrows

I Jordan Owen
will my football cleats, gloves, and hard hits to... Tyrae Kemp

I Khiandré Smith
dedicate my positive attitude and motivation to do my best at everything to...
The Fall '09 Football Team

I Pa Vang
will my long distance, edurance, stamina, and heart for running to:
Kenzie Channon

I Gage Bauer
my ability to never do anything yet still coast through high school to...
Cody Van Winkle

I Skylar Johnson
will my strong capability to clown in class while maintaining good looks to...
Still looking for applicant because nobody can do it like class of '09

I Megan Gabriel
my non-existant brilliant street smarts to...
Matt Say

I Erica Rockey
will my awesome ability to turn and get everything done at the last second to...
Katie Rockey

I William Chatman
dedicate my "swag" to...
Devontré Heard

I Chris Williams
will the ability to be orginized and lead to my brother
Tim Williams

senior Wills

I Faith Burnett and Jay Villalobo
will our beastly saxophone skills to...
Nick Hamilton
(he needs all the help he can get)

I Joanna Peters
will me "inappropreate" chest grabbing to...
Desi Kerber

I Jessie Frazier
will my perserverence to get through school no matter how hard things get to...
Amber Hill

I Kerissa Cain
will my smelly gym shoes to...
Samantha Burgett

I Travis Tutje
will my school pride to...
Chris Tutje

I Brittany Syvixay
will my sparkly spankies and my stripper splits to...
Katie Heggen

I Thelma Cain
will you my 100% real-ness and honesty to...
Carollett Leyva

I Ryan Cam
pass on my sexy legs to...
Justin Leuang

I Kimmy Robinson
dedicate my love for getting dirty and diving for the ball to...
Caitlyn Carmichael & Sassy Sinopoli

Alexis Alexande

Kaydie Boyd

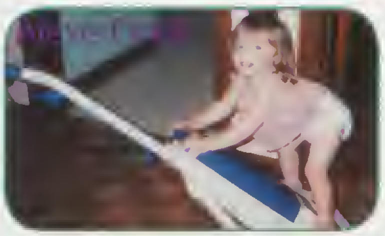
Bec

Aaron Brown

Shylonda Bun

Jessica Cain

Kamora Fau



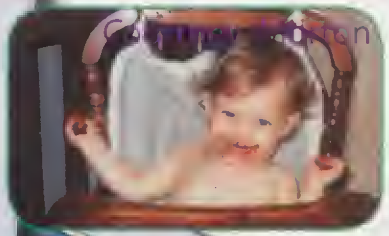
Ali Kin

Lois Lewis

an Cam

Jessica Ceballos

Emily Chanthavisouk


Courtney [illegible]ton

Joe Nix

ustin
LaRissa Connett
people
baby pictures!
cute ki

Ashley Clark

Jasmin Clouse

Jocelyn Perkins

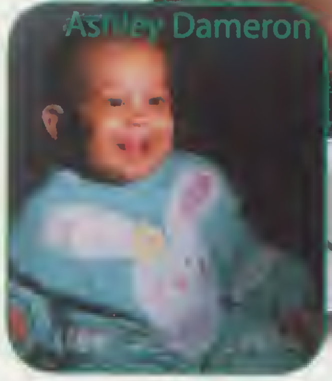
Heather Seward

Chauncy [illegible]

Nick [illegible]

[illegible]nny [illegible]

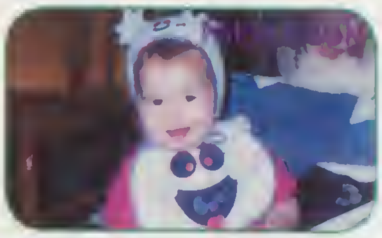
[illegible] Cory


Ashley Dameron

Brad Davidson

Matt [illegible]

[illegible] Young


[illegible]

[illegible]

Kristina DeMoss

Kristina Denin

Arn[illegible]a [illegible]

Eric [illegible]

[illegible] Manley

[illegible]

Emily [illegible]

Steven [illegible]

Tamira Frarie

Ashley [illegible]

Brooke Green

[illegible]

Ashley L[illegible]

[illegible] Patterson

Tiffany Porter

Breanna [illegible]son

Megan Gabriel

[illegible]

[illegible]

[illegible]

Britta[illegible]

Randy Tharp

[illegible]

Nichol[illegible]

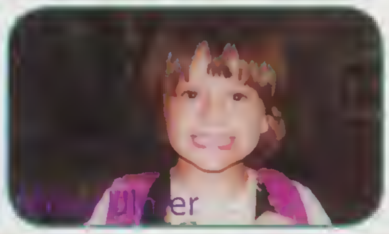
Alec M[illegible]

Molly McCuddin

[illegible] Murray

[illegible]ril [illegible]

[illegible]


[illegible] Ulmer

[illegible] Gundy

[illegible] Vang

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] Robinson

[illegible]ble

[illegible]

[illegible] Spurge[illegible]

[illegible]

Kar[illegible]

Marissa [illegible]mpson

And[illegible]

Brittany Wilkinson

Brandon Williamson

Chris Willi[illegible]

Kimberly Robinson

Ti[illegible] Robinson

[illegible]

Karen Rodriguez

Ariel Petty

[illegible]

Kylie Vry

Matt Widlund

baby pictures
cute K

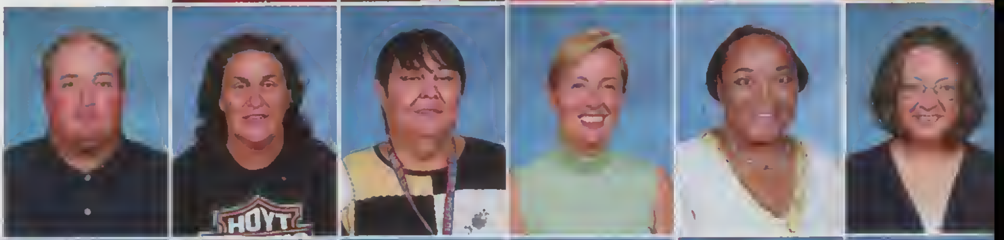
Faculty

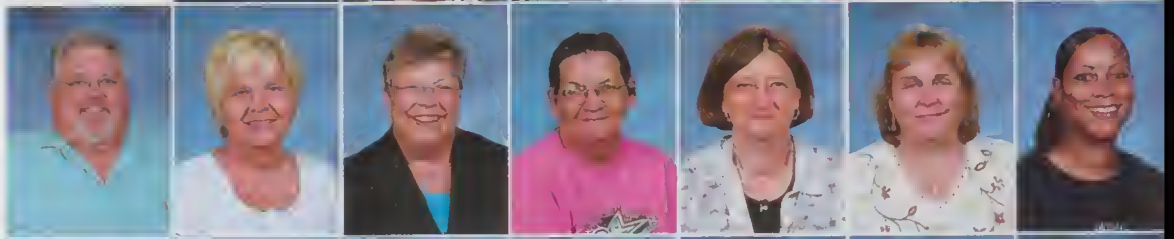
Donna Adams
Lacy Anderson

Linda Baker
Patrick Bannon
Nancy Beall

Scott Beall
Annette Bierkamp
Lacey Bleich
Vicki Bonnett

Anson Bonte
Ron Borstad
Sally Bowden
Kathy Brown
David Bullis


Ken Burgess
Kelly Burns-Wolfe
Nancy Butler
Kacia Cain
Antasia Cameron
Pam Carmine


Ted Christensen
Lonnie Clark
Kathy Clausen
Christine Costello
Karen Cross
Kathleen Crum
Becky Dawson

Sally Degoey
Sally Dehnert
Carl Drautz
Nancy Duncan
Chris Dunham
Amanda Eimers
Samy El-Baroudi

Lora Evans
Geoff Farrell
Nancy Fehn
Terrie Fenstermann
Phillip Ferguson
Lisa Fitzpatrick
Diane Fleming

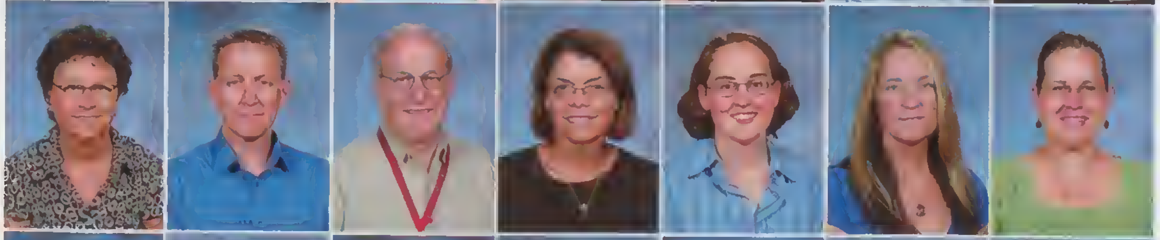
Keri Frommelt
Ruth Ann Gaines
Ann Ginther
Shirley Gooch
Sid Gordon
Maureen Griffin
David Griffiths

Barbara Hall
Jeff Hall
Deann Hebert
Don Heese
Christopher Hodo
Lynn Hoff
Susan Hook

John Hoyt
Erick Hunter
Mark Hurley
Carol Hyslope
Angela Jackson
Susan Jennings-Spencer
Charles Joelson

Ginger Johnson
Nicole Kallal
Charles Kannapel
Dawn Kasper
Cousonh Khamtanh
Kathy Koenig
Tami Kreykes

Roxanne Kucharski
Elston Lacy
Erin Lantz
Leonard Larsen
Katherine Larson
Sharon Link
Lowell Long



Carol Lortscher
Derek Lounsberry
Dave Mahler
Robbie Malm
Kimberly McCallister
Michelle McPherson
Jennifer Medina

Martin Mohler
Linn Morris
Ken Morton
Cathy Mussett
Jen Myers
Brenda Navin
Laura Negrete-Reinders

Kelly Neiber
Linda Nemmers
Daniel Nizzi
Randy Nordaker
Kelly Parriott
Michael Pecina
Deborah Peterson

Ric Powell
Adam Puderbaugh
Shawn Sanford
Al Schatz
Greg Schoon
Ashley Schryver
Gita Singh

Kim Smith
Vidal Spaine
Mary St.Clair
Carolyn Strickler
Stan Thompson
Francence Turner
Jesse Tvrdy

Joyce Vickroy
Somkong Vong
Melissa Wallace
Bill Waller
Tim Walljasper
Jennifer Weir
Maurice White

Jill Wibben
John Ytzen

Don't forget us...

Judy Adams
Sal Aguirre
Rhonda Anderson
Ashley Arias
Bob Bagley
Katie Barry
Kathy Baum
Beminio
Jennifer Blumberg
Chasity Brees
Deanne Carlson
Bob Carmichael
Dianna Carnahan
Brad Cave

Jane Ciarfella
Tom Cole
Majorie Crawford
Esmeralda Davis
Anne Deam
JoAnn DeHaan
Randy Derby
Sondra Dubbs
William Eggers
Kimber Foshe
Clinton Gadbury
James Giboo
Gary Gilchrist
Shawna Green

Lynette Grooters
Jacob Habhab
Jacqueline Hackman
Aimee Hannan
Pamela Harshbarger
Michelle Harwood
Thana Heller
Andy Howard
Amy Jacobson
Sarah Keller
Aaron Kelly
Ed Kelly
Sarah Kelly
Bob Kerr

Brian Koch
Erin Kramer
Georgia Kulish
Amy Lane
Crosby Lester
Sayce Lounsberry
Jennifer Lufi
Darien Maguire
Traci McCaull
Oscar Meza
Rebecca Miller
Ann Mincks
Kim Nitcher
Bill Oleson

Tracy Patrick
Scott Phaydavong
Jennifer Rebel
Claudia Richards
Rick Roberts
Jose Rodriguez
Gary Rourke
Ryan Rowley
Deb Ryan
Linda Saddoris
Sharon Schatz
Tammy Scheel
Diane Sheil
Jason Soliday

Kevin Sorenson
Don Thatcher
Kym Traczyk
Bob Vandorin
Sarah Vaughn
Shawn Voshell
Jerry Walter
Phil Wells
Amy West
Mary Westover
Susan Wiegand
Linda Woodard
Mike Zelenovich

guess WHO...

It might not be so easy to tell apart these disguised teachers. Try to guess who it is by the clues they have given you.

some may call me a drama queen...

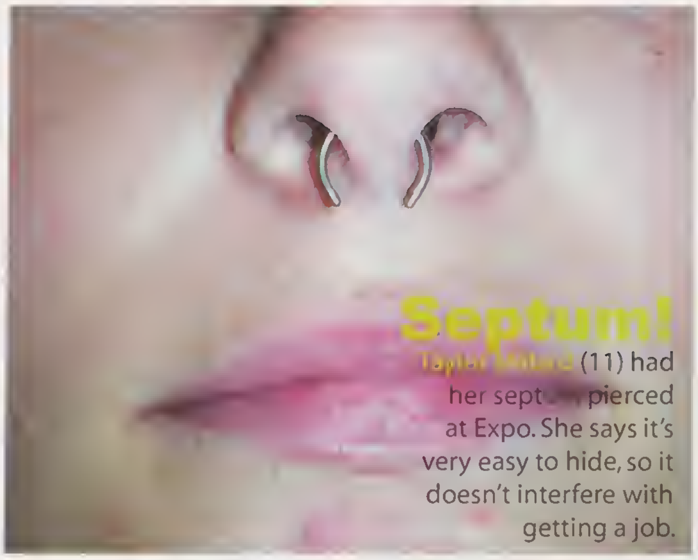
-Ruth Ann Gaines

i could be mr.zelenovich's twin

-Gary Rourke

"may the force be with you..."

-Ginger Johnson

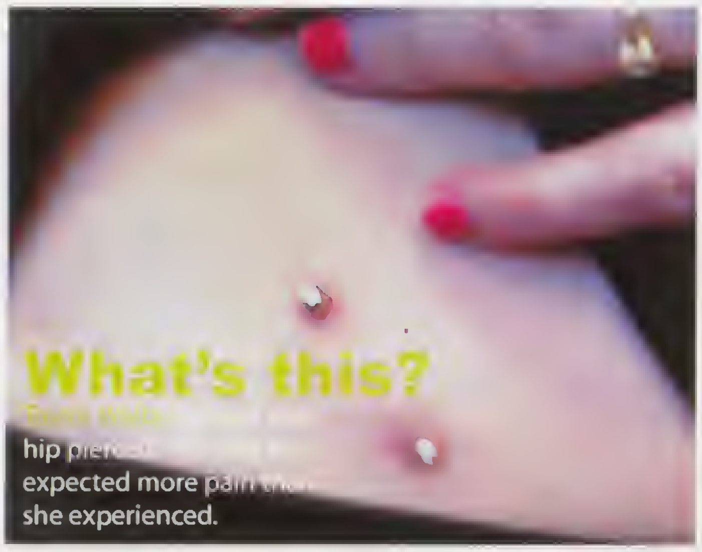


Septum!

Taylor [illegible] (11) had her septum pierced at Expo. She says it's very easy to hide, so it doesn't interfere with getting a job.

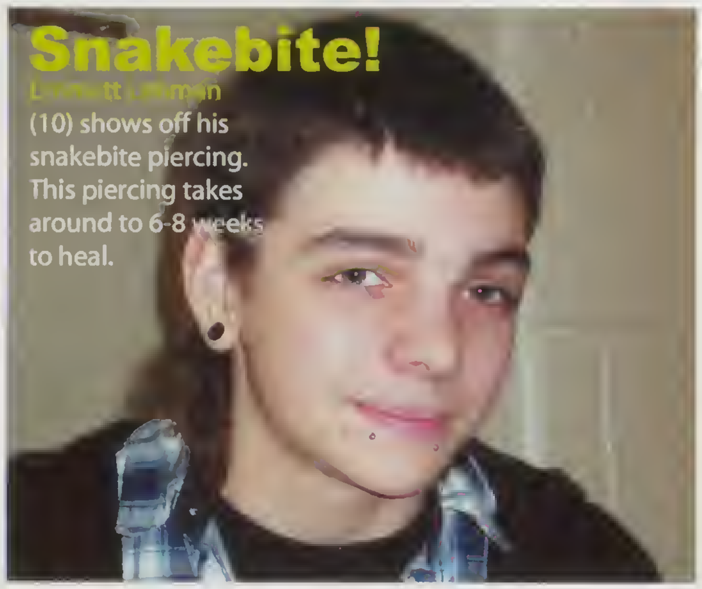
Isaac Lovan,

(11) said, "I remember when no one used to have Gauges, now i look around and everyone has them!"



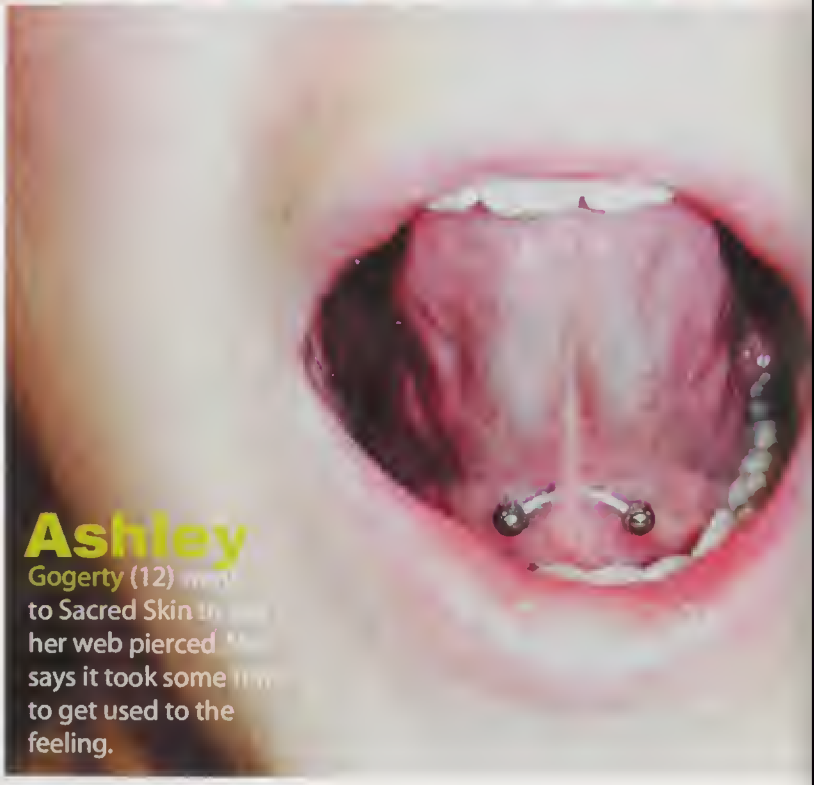
What's this?

[illegible] hip pierced [illegible] expected more pain [illegible] she experienced.



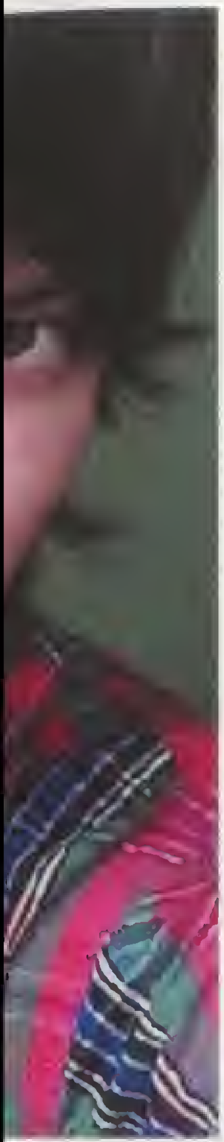
Snakebite!

[illegible] (10) shows off his snakebite piercing. This piercing takes around to 6-8 weeks to heal.



Ashley

Gogerty (12) went to Sacred Skin to get her web pierced. She says it took some time to get used to the feeling.



we don't care if it hurts

Story/Layout by Madison Kasper

Walking through the hallways at East you see many different piercings, some are shocking and some may just give you a reason to make a trip to a piercing shop.

Many students get piercings to make themselves more unique or to follow a new trend. Piercings at East range from the simple ears to the more difficult hip piercings.

"I gauged my ears because I think they're cool! I also think they're unique (at least used to be) and it adds to my style," said junior [illegible] Lovan.

Gauges have become a real hit at East. When most people gauge their ears they start out small and work their way up to a bigger size. It is said that it's not a good idea to begin gauging your ears at a large size because you can blow your ears out.

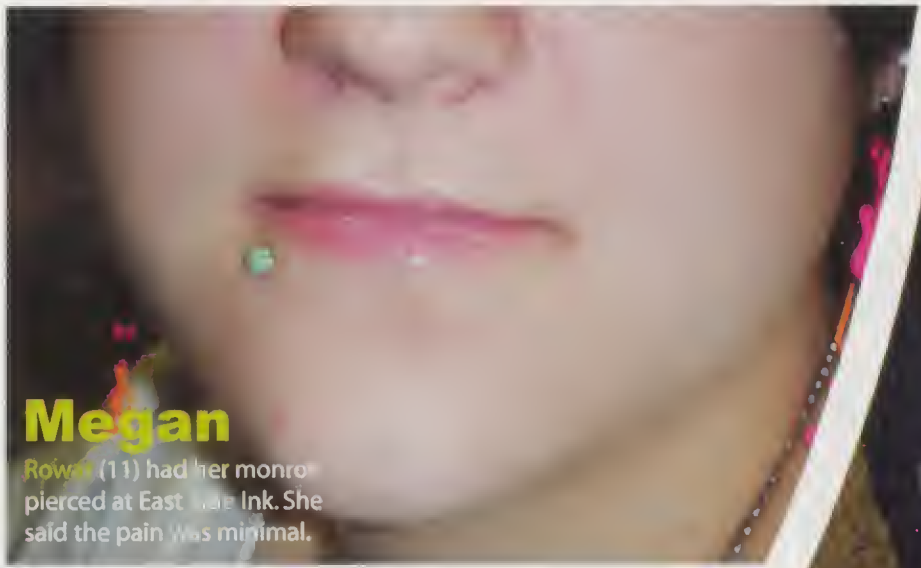
"My gauges are 5/8 of an inch; I'm glad I finally got through the pain but now it's really hard for me to get a job," said Lovan.

According to Sacred Skin (piercing and tattoo shop) staff members, if your ears are gauged then you should always wear metal earrings. There have been cases when people have worn rubber earrings and their ears actually began to grow inside of the earring.

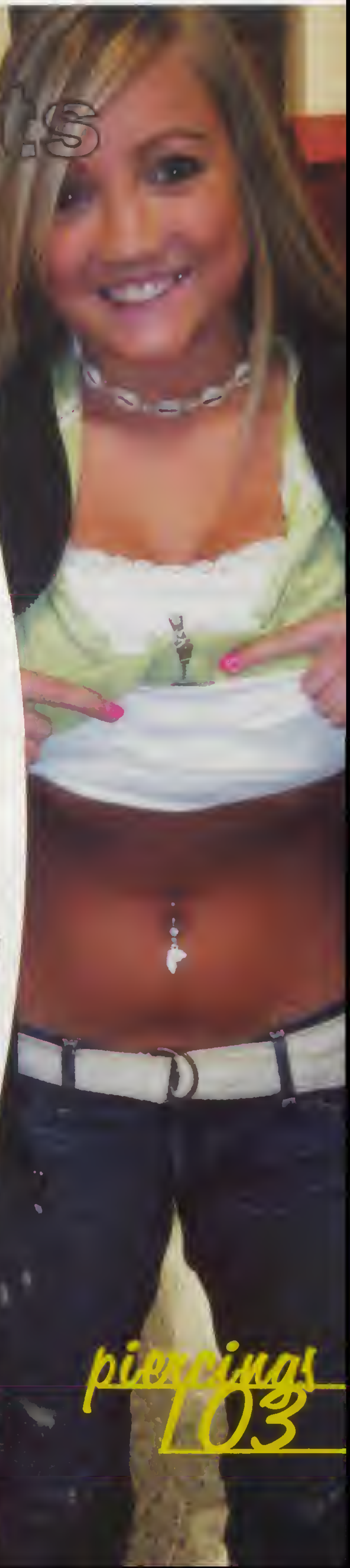
Another piercing that was very popular this year was the webbing. Your webbing is located under your tongue, and according to many students, it doesn't hurt to pierce it.

Belly button piercings are also very popular; many students get them done their sophomore year which is right around when they turn 16.

"I've seen many middle school kids with their belly buttons pierced; I think that's way too young," said junior [illegible].



Megan Rowan (11) had her monroe pierced at East [illegible] Ink. She said the pain was minimal.



"Tell me

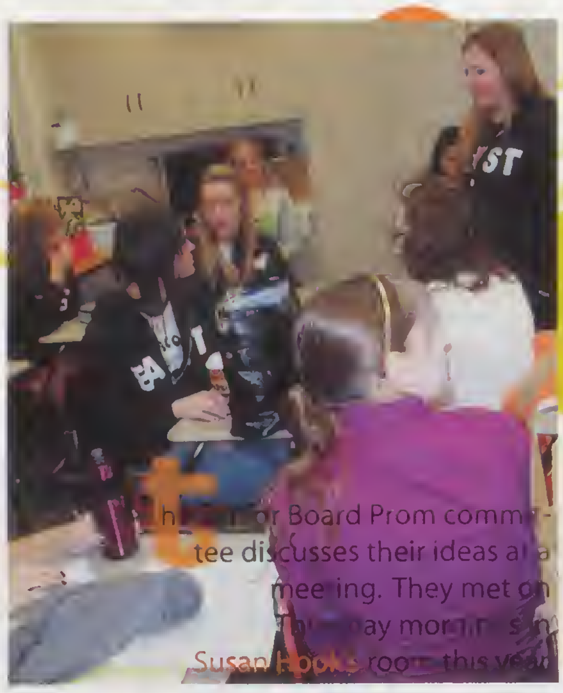
Remember to stay involved

and I forget. Teach me and I remember. Involve me and I learn."

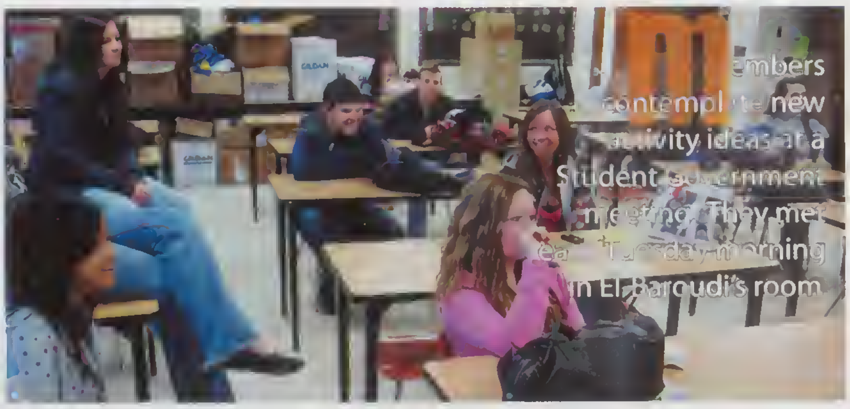
- Benjamin Franklin

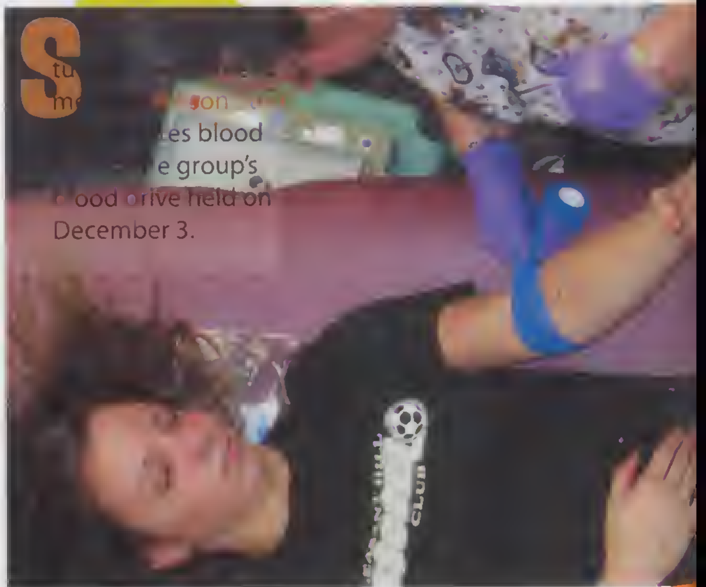
having students help out keeps the students interested. - Courtney Mor

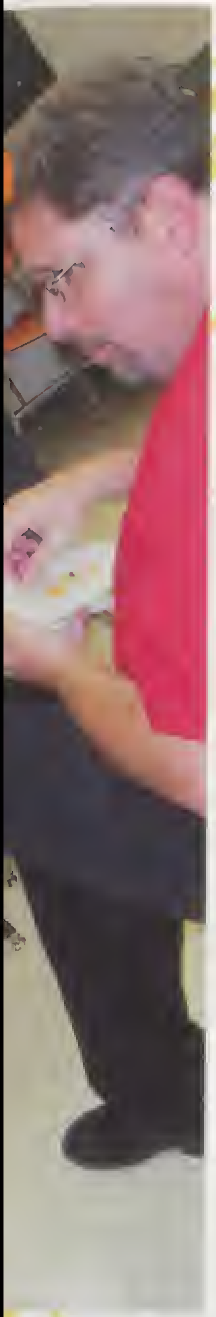
Dowling students begin their day at East with Student Government hosts. The exchange happened in November.


The Junior Board Prom committee discusses their ideas at a meeting. They met on Thursday mornings in Susan Hooks' room this year.

Members enjoy lunch during Student Government's exchange with Dowling. The exchange benefitted both schools' Student Government programs.


Members contemplate new activity ideas at a Student Government meeting. They met each Tuesday morning in El Baroudi's room.


Stu[illegible] me[illegible] [illegible]son [illegible]tes blood [illegible]e group's blood drive held on December 3.



power to the youth!

Student Government allows students to have more input towards school programs and how they are run. This year's Student Government had control of the assemblies.

Student Government sponsor Samy El-Baroudi said, "I think students should be more involved with the assemblies."

The first assembly that they coordinated was the Homecoming assembly in the fall. Each Tuesday morning before school, the group met to discuss their ideas. Members of Student Government were up presenting and speaking at the assembly.

Members of Student Government believe that it's important for students to have control of the assemblies.

"Having students help out with assemblies keeps the students interested in them," said president, senior Courtney Morton.

El-Baroudi said he thought the Homecoming assembly went very well. Even Principal Mike Zelenovich complimented the work done by Student Government on the assembly.

Student exchanges are another activity that the Student Government runs each year. It gives students a brand new perspective of other high schools and how they differ from East.

"We got to experience another school for a day and see what they do differently. We also saw how their classes were structured," said treasurer senior Derrek Meath.

Morton thinks that more student exchanges with more schools would be good for Student Government in the future. She also believes that Student Government has improved greatly over the last few years and it was a rather strong group this year.

Student Government is open to students from all class levels who are interested in controlling events and activities around East.

"Attendance has increased this year," said Meath.

"We had better officer attendance as well."

Meath believes that the best improvement for Student Government in the future years would be including more diverse members from all class levels.

Story/Layout by: Kyle Omundson

Senior Board Officers

PRESIDENT- R.J. HARRIS

VICE PRESIDENT- MARISSA THOMPSON

SECRETARY- JORDAN WENTLAND

TREASURER- JASMIEN CLOUSE

Student Government Officers

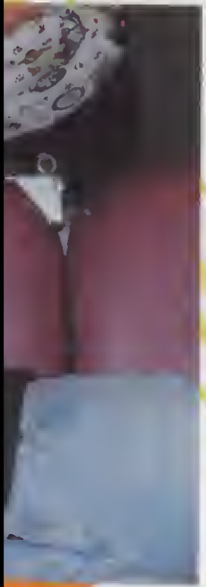
PRESIDENT- COURTNEY MORTON

VICE PRESIDENT- BROOKE GREEN

SECRETARY- DIONNA LANGFORD

TREASURER- DERREK MEATH

PUBLIC RELATIONS- ROSE VAN GUNDY



Focus on the distractions

can you hear me now?

Story/Layout by: Kyle Omundson

Cell phones and mp3 players were modern day luxuries that most of the students at East had in their possession throughout the day. But, how much did these devices impact the learning environment in the classroom?

The school's policy was to have cell phones turned off and put away at all times except during lunch and passing time. However, students still had them out during class. It was a rare occurence to walk into a classroom this year without seeing someone using an electronic device.

Science teacher Kate Larson said,"I get most frustrated when students know my policy, the administration's policy, and they think that they are above that."

Larson is just one of the many teachers who believe that cell phones and electronic devices take away from the learning in the classroom.

"It's distracting to me, the students around them, and the student who is using the device," said Larson.

Agreeing with Larson, staff member Ashley Schryver said,"Cell phones are a huge distraction in school learning. A lot of information is missed when they are texting."

Some students believe that cell phones are necessary in case of an emergency during class.

"I think we should be able to use them," said sophomore Vanessa Gobb.

Others believe that if the cell isn't really affecting their involvement in class, they should be able to use them.

Sophomore James Illingworth said,"I think that if you're doing your work and have good grades, it shouldn't matter."

Other students believe that the teachers should have control over the electronic device policies.

"I think it should be up to the teacher," said senior Josh Rothmayer. "If you're working and the teacher isn't speaking, then it should be allowed."

It can be dangerous to have electronic devices in some classes. Classes that work with dangerous equipment in the industrial tech wing require undivided attention.

"In industrial tech classes it would be a hazard to use electronic devices. Especially ear buds," said senior Justin McGinn. Agreeing with Rothmayer he said,"It should depend on the teacher and the class."

The question still remains of how East will deal with the electronic device dilemma next year.

Juniors hang out in the hallway during lunch on their cell phones. Cell phones were often seen out in the halls during passing time as well.

AT&T 3G
9:19 AM
Calendar
Photos
Camera
Calculator
Contacts
Settings
Stocks
YouTube
Weather
Clock
Notes
App Store
iTunes
iPod
Mail
Phone
SMS
Text
Safari
280
Maps

electronic hassles

Smile, Tune, and Sing!

From stressful try-outs last year to concert cancellations in the winter, this elite singing family has had a tough year.

Chamber choir has been at practice giving it their all for East and the community. Their voices have been under training and they're ready to show how they've improved. It's just been a slight discomfort on not performing most of the concerts this year.

"It's a pain, but we're a great group," said senior **Bobby Starace**.

Both girls and boys have been tuning up their vocals together and separately. The girls usually practice on Mondays before school and sometimes after while on Tuesdays the boys will get together to produce their skills. It's on Wednesdays when everything comes together and the genders meet up to sing with one another.

"Practice is overall good, we're productive and get things done," said senior **Chris Williams**.

This selected family only performs classical music, which is amazing when it all comes together.

Chamber choir is always ready by concert date, even if it means that they have to get it together a few days before. Practicing is the key to this group's successful performances.

Ever hear the saying, "practice makes perfect?" This saying is still used today, but we mostly hear it for instruments and sports. Its proven true, the more an individual practices that skill the better the group itself becomes. This is how chamber choir develops throughout the year and making their sound bigger and better.

Chamber choir is an elite choir since they were the best of the best during tryouts and are dedicated to their music. Tryouts were hard but choir teacher **Traci McCaull** had finally picked the best group this year.

This year's weather has certainly been a hassle for them. Moving performance dates and having to cancel their hard work can be very irritable, and slightly heartbreaking.

For example, the Christmas concert had to be moved to January and their Merle Hay concert was cancelled altogether! The snow and ice ruined chamber choir's hard work.

East's chamber choir had been waiting for the perfect concert this whole year, but with all the bad weather they had a problem with this.

In March, the group had sang their hearts out for the lively audience; hopefully making good impressions for everyone who had been waiting this year to hear them.

The spring was certainly a better messenger of weather. The choir reached out to the community showing what they have been improving all year. They showed true spirit and what East High was capable of.

The chamber choir is ready for this upcoming year; they're ready for the hardships, the predicted cancellations, and the thrill of performing. This singing family is ready to take on another year of improving and singing to their hearts content.

"I'm really close to the seniors, but I look forward to rebuilding the group next year," said McCaull, "It's like losing a part of our family."

story & Layout by, Alexis Ahmed

Singers Bobby Starace (12), Meri Stoutenburg (11), Dionna Langford (12), and Jayanna Smith (11) open up their vocals during practice to improve their volume.

Singers **Bobby ace** (12), **Meri Stoutenburg** (11), **Dionna Langford** (12), and **Jayanna Smith** (11) open up their vocals during practice to improve their volume.

Karmen Buchanan (11) practices her part of the song for the upcoming concert.

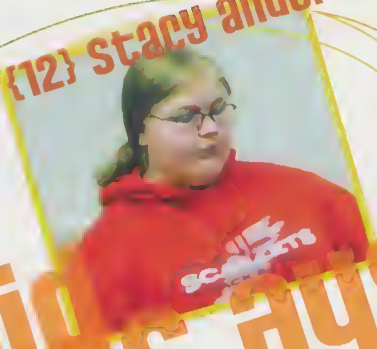
Chamber Choir students singing along wtih choir teacher Traci McCaull to prepare for their spring concert.

Chamber Choir students singing along wtih choir teacher Traci McCaull to prepare for their spring concert.

chamber choir

he said she says

{12} Stacy anderson

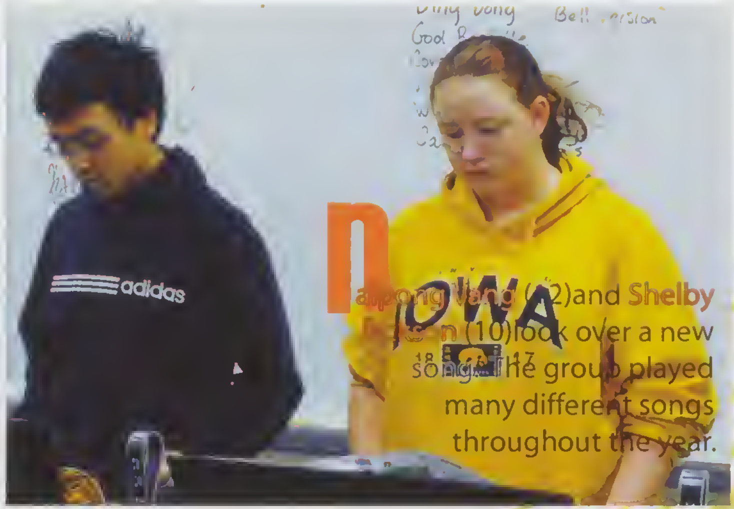


"Handbells is the best"

"In one word, handbells is fun"

{12} Rob Starace

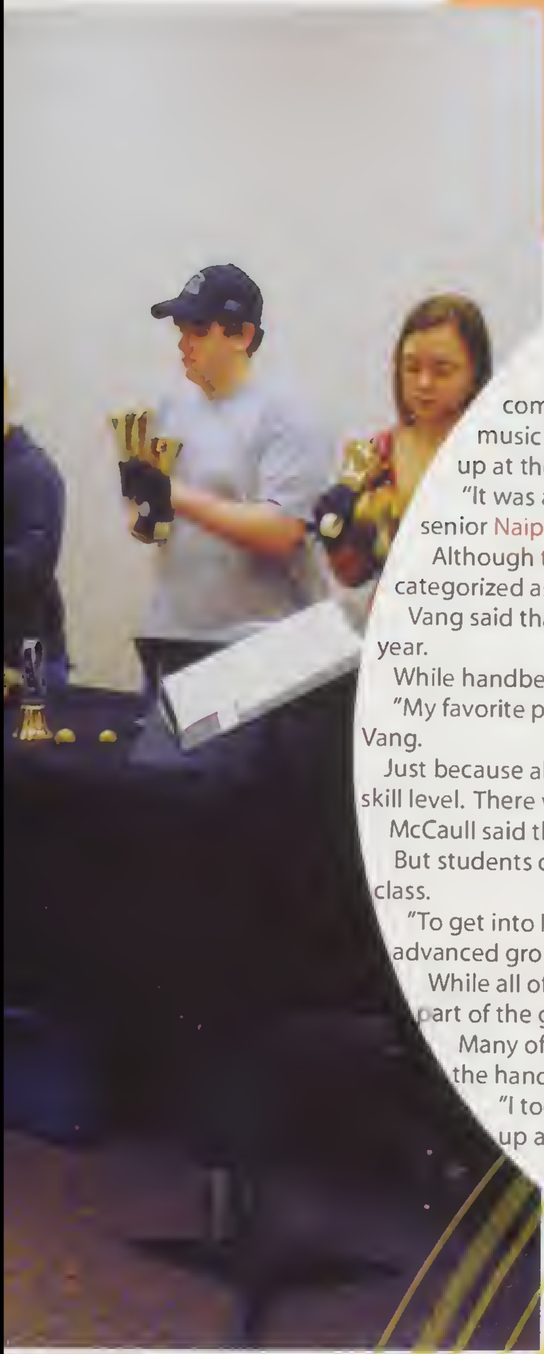
Teacher Traci McCaull plays the bells along with the students during a morning practice. Students had to be at school at around 6:45am on Tuesdays and Thursdays throughout the year.



Dapong Vang (12)and Shelby [illegible] (10)look over a new song. The group played many different songs throughout the year.

Story/Layout by: Kaitlyn Carpenter

Samantha Jones (10) and Andrea Campbell (12) focus on a song . In handbells, students have to pay attention in order to play at the right time.



ring those bells!

At East there are many different music programs that students are able to join. While East's many singing choirs may be excellent, there is also a choir that does not sing at all. Instead of singing, this choir uses handbells to make their music.

This year's choir was led by music teacher Traci McCaull and was composed of students from all the different grade levels. While many of the music classes McCaull taught were during the day, students in handbells had to wake up at the crack of dawn for practice.

"It was a before school program. We met Tuesdays and Thursdays at around 6 am," said senior Naipong Vang.

Although the choir practiced in the morning before school, it didn't mean that it was not categorized as a class.

Vang said that participants in handbells received credit for the hours they put in throughout the year.

While handbell choir is categorized as a class, the group performed throughout the Des Moines area.

"My favorite performance was when we went to play at the Des Moines International Airport," said Vang.

Just because all the handbell participants performed together did not mean that they were at the same skill level. There were two different levels of playing when it came to handbells.

McCaull said that there was the beginning handbell choir and the advanced handbell choir.

But students could not just start in one level or the other, they had to work their way to the advanced class.

"To get into handbells you have to try out and then you get put in either the beginning or advanced group," said sophomore Shelby J[illegible].

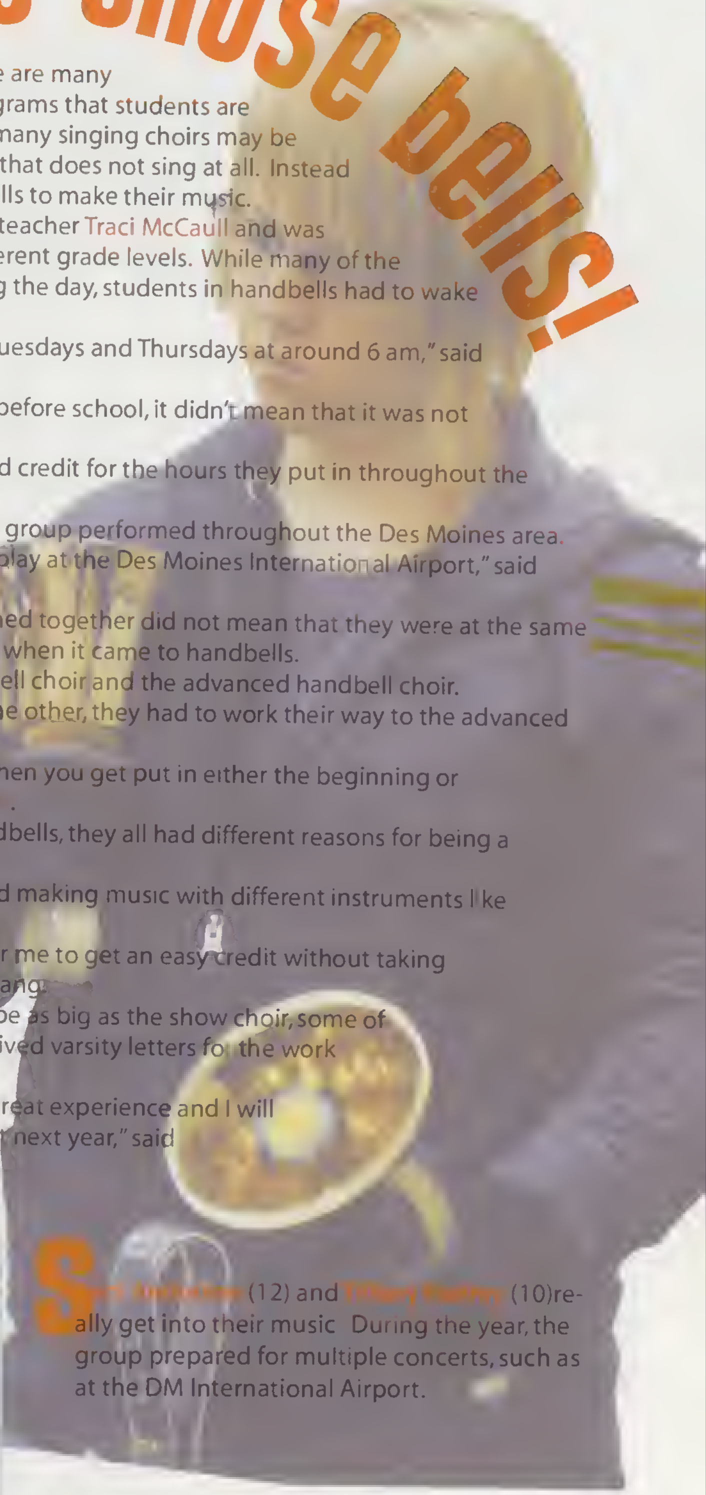
While all of the students liked to play the handbells, they all had different reasons for being a part of the group.

Many of the students said that they enjoyed making music with different instruments like the handbells.

"I took it because it was the only way for me to get an easy credit without taking up a class period during the day," said Vang.

While the handbell choir may not be as big as the show choir, some of the participants in the group received varsity letters for the work that they did in handbells.

"Handbell choir was a great experience and I will definitely be doing it next year," said Jackson.



S[illegible] (12) and [illegible] (10)really get into their music During the year, the group prepared for multiple concerts, such as at the DM International Airport.

DES MOINES
EAST
SCARLETS

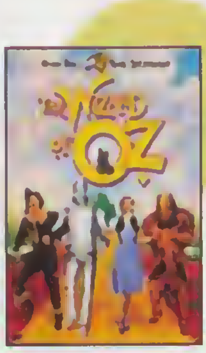
To Dance is our dream- Sophomore K.K. Kennedy

Steppers Dance Themes
of 2009

Grease

&

The Wizard of Oz


The Wizard of Oz

Check out those moves!

Click your heels together and say there's no place like home three times. That's what the Steppers did when they performed to The Wizard of Oz.

"My favorite dance this year would most definitely have to be the Wizard of Oz that we did for our state competition," said sophomore Alyssa Denning.

Imagine trying out in front of a panel of judges who are rating you on appearance, smile, posture, enthusiasm, coordination, rhythm, kicks, jumps, splits and knowledge of routine. That's a lot!

"It's not that hard to make the team, but this year we had a small team so the judges were pretty picky," said sophomore Taylor Higgins.

Steppers trying out are better off having at least a little background in dance and that's what the judges typically look for. Almost all the Steppers have been on a previous dance team or performed at dance studios.

The Steppers took it up a notch this year trying out new themes and new styles of dance.

"We haven't done as much hip-hop as last year, but we've brought in new things like jazz, pom and novelty," said Higgins.

One thing all Steppers agreed on is that the team has gotten a lot closer. And the majority of the team is returning dancers.

"We wouldn't trade anyone for anything; we love each other like sisters and our coaches are like second moms," said Denning.

Coach Christi McWilliams returned for her second year, but there was also a new addition to the team, their new assistant coach Amanda Khodai.

"When we went to camp we were individuals and then by the end of camp we all acted as one team," said sophomore "KK" Kennedy.

The squad went to a National Dance Association camp last summer and spent 4 days and 3 nights there.

"It helped us improve a lot this year and that's how we became close with some of the new girls," said Denning.

Story/Layout by: Kate Hurley

F[illegible]le Stepper Clinic was held in the fall. It helps inspire and recruit members for years to come.

Iowa Dance * Drill '09 State Championship

Steppers take a dramatic pose for their performance to "The Wizard of Oz" at the State competition

Senior members of NHS take a break from making meals for The Heartland at Wells Fargo. They had to fill bags up with food and send them to Africa.

Kyle Omundson (12) and friends plant tulips out side of East. Afterwards they joined the rest of the group to plant more flowers.

Members of NHS do team building activities at Living History Farms. After they walked across a roap holding on the bungie cords they had to cross a river using 4 rocks and three log stumps .

Z[illegible] (11) plants tulips outside of east. It was NHS's attempt to make East High School a nicer place to look at.

NHS

doing good for the School

For many East High students, doing your homework, going to school, and getting good grades is just a part of everyday life. But the students in National Honor Society go above and beyond to do good things for their school and community.

NHS is a group of hand picked students who are expected to do 10 hours of community service each semester and record it on a service log.

"I got asked to apply for National Honor Society last year. I did and I got accepted," said junior Taylor Luft.

All members meet twice a month, on Fridays, at 7:15 a.m. in the auditorium. These discussions are to talk about the different services they have provided in the past and to decide what went wrong and what went right. They also brain storm different ideas of things they could do in the future to help better their community and the members in it.

Junior Nadia Tyler said, "I feel really good about myself when I do community service. It's a good feeling knowing that I am doing something good for the people around me."

This school year NHS has done different things such as Meals for the Heartland where they sent food to starving people in Africa, they participated in Reggie's Sleep Out where they slept in tents outside to help raise money for homeless people, and they planted tulips outside of the school in the fall.

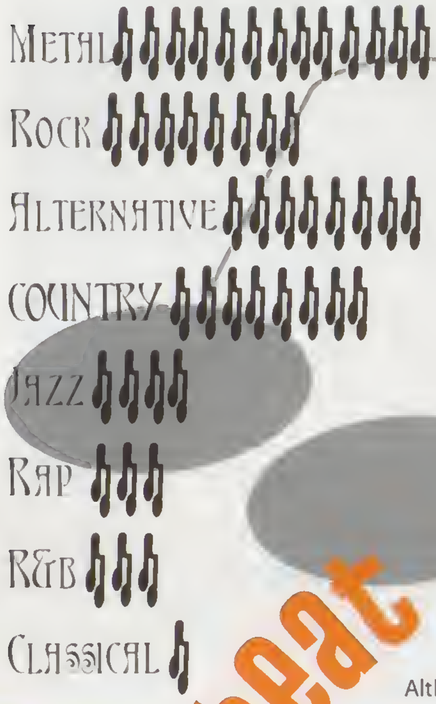
To be asked to participate in National Honor Society you must be at least a junior. Teachers also look at what community service programs you have been involved in to make sure you are a well rounded student but once you make it one year you have an automatic position for the next year.

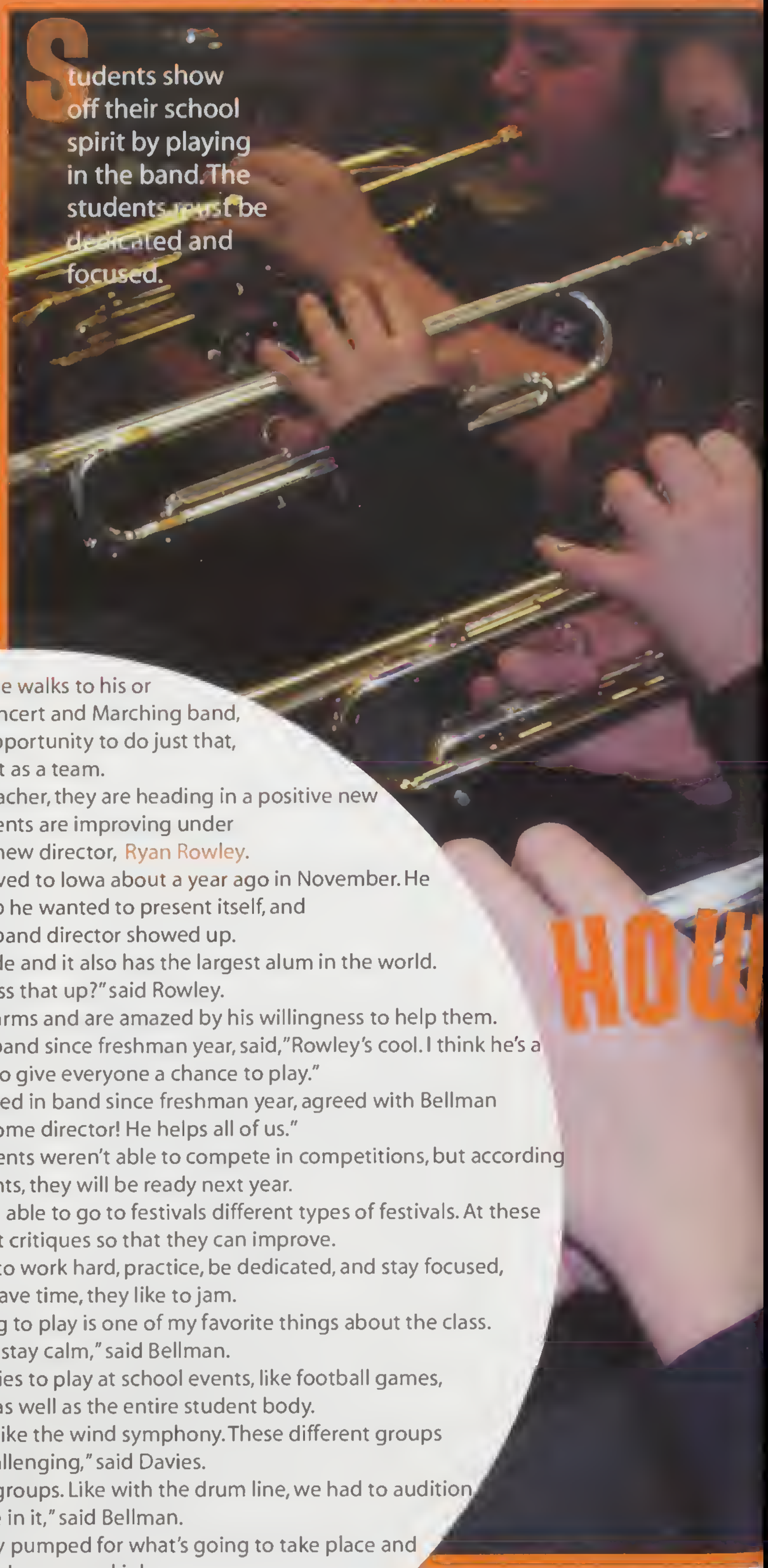
"I have really enjoyed making new friends and being able to do good for my community, I can't wait to do it next year too," said Luft.

Story/Layout by: Layla Schwartztrauber

WHAT'S YOUR FAVORITE STYLE?

48 members of band were polled for this survive




Students show off their school spirit by playing in the band. The students must be dedicated and focused.

march to this beat

Everyone walks to his or her own beat. In Concert and Marching band, students get the opportunity to do just that, but as a team.

Although the students lost a teacher, they are heading in a positive new direction. The students are improving under the leadership of new director, Ryan Rowley.

Rowley, originally from Colorado, moved to Iowa about a year ago in November. He waited patiently for the job he wanted to present itself, and the position for band director showed up.

"I was driven here by the school's pride and it also has the largest alum in the world. How do you pass that up?" said Rowley.

The students welcomed Rowley with open arms and are amazed by his willingness to help them.

Junior Jacob Bellman, who has been involved in band since freshman year, said, "Rowley's cool. I think he's a better teacher and he tries to give everyone a chance to play."

Senior Kristin Davies, who also has been involved in band since freshman year, agreed with Bellman and said, "He's an awesome director! He helps all of us."

Unfortunately due to the lack of numbers, the students weren't able to compete in competitions, but according to Rowley and the students, they will be ready next year.

Although the students aren't competing, they were able to go to festivals different types of festivals. At these festivals, they were able to get critiques so that they can improve.

As with any class, the students are required to work hard, practice, be dedicated, and stay focused, but when they have time, they like to jam.

"Jammin' out with the drum line and getting to play is one of my favorite things about the class. Music helps me stay calm," said Bellman.

The students also get several opportunities to play at school events, like football games, which is a plus for them as well as the entire student body.

"I enjoy the different groups we have, like the wind symphony. These different groups are more challenging," said Davies.

"Yeah, not everyone can be in the different groups. Like with the drum line, we had to audition in order to be in it," said Bellman.

The band helps get the school body pumped for what's going to take place and they do a phenomenal job.

Story/Layout by: Ambrayana Jones

Jade Sleeth (9) plays her part on "Variation Overture." A big entrance seques in to a waltz and then, at the end, the band plays a fanfare.

The clarinet players come in strong on this song. They work hard every day during first hour reheasal.

Ryan Rowley directs the band during a performance. He shows them when to get louder and stronger or when to back off so that the audience feels the emotion.

do you pass that up? - Director Ryan Rowley

That girl can twirl

layout by: Brittany [illegible]

It's Friday night and there's an East home football game; at halftime the band is playing, the color Guard is presenting their flags, and flickers of fire spin and swirl in the air. Sophomore Mollie Fessler-Boylan stands on the side lines twirling and tossing her ignited baton. Fessler-Boylan was destined to take the position of the Scarlet baton twirler; she started her twirling career for East when she was in only the fourth grade.

"My older sister Emily and I performed together at the games," said Fessler-Boylan, "then she graduated and I've been doing it alone for 3 years now."

In some of her performances she lights the ends of her batons on fire. She's admitted to burning herself a few times.

"Usually I get my arms, but I've gotten my hair before," said Fessler-Boylan.

Fessler-Boylan has been twirling for 10 years. She got into the sport after signing up for a package at a dance studio that included baton. She practices five hours a day, seven days a week including during her first hour class at school, band. She describes her attire for baton as basically being a swimsuit. She chose the outfit for each game.

Not only does Fessler-Boylan twirl for East, she also does competition which allows her to travel showing off her skill. She's in the 13-15 advanced division which is the highest category. She usually competes against 30-50 girls, she also went to Omaha for a weekend to practice with a few of the world champions from Canada.

If it weren't for baton, she probably wouldn't have seen almost all 50 states or met some of the amazing people she knows. It's also helped her to perform in front of big crowds nerve-free.

Mollie plans to twirl in college, she just isn't sure which one she'll be attending. After college she has hopes to open her own baton studio. Her sister Emily, a retired East twirler, currently teaches a baton twirling class to little kids in Urbandale.

story by: Caitlin Schuler

During halftime, Fessler-Boylan amazes the crowd with her abilities. This talented twirler has made East proud countless times.

Because when I arrive
I, I'll bring the fire
Make you come alive
I can take you higher

play That FUNky music!

With a new teacher comes new ways to improve the band students. In band director Ryan Rowley's case, he's gone all-out to provide the best there is for his band by bringing in some nationally acclaimed backup.

"I thought that this would be a great opportunity for the kids," said Rowley. "I wanted to give them the perfect chance to better themselves."

The Jamey Aebersold Program was a one weekend program designed to help aspiring musicians better themselves. Several instructors, such as Bill Bergren and Jack Wilkins, were brought in to help the students develop a good technique and great improvisational skills.

"It was cool being able to take lessons from such talented players," said senior Morgan Bush.

Along with the help of the guest instructors, the students were invited to play along with Jack Wilkins and his jazz combo at the Historical Building. They were also asked to play along with The Des Moines Big Band at the Adventureland Inn. In return for playing, the Big Band agreed to donate 100% of the proceeds towards scholarships for the program, and to send selected students to the final phase of the program.

"I think the concert went really well," said sophomore Taylor Pettit. "It was a big help having the two groups donate the money to us."

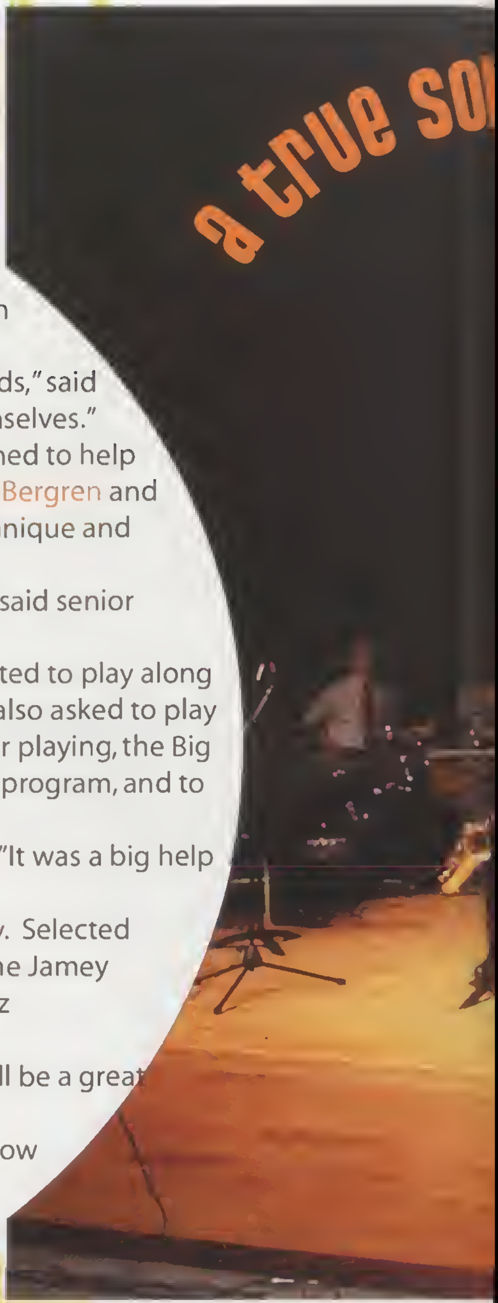
The last part of the project will not take place until July, in Kentucky. Selected students from East, as well as other schools in the area, will be sent to the Jamey Aebersold Jazz Camp. There, they will go even more into the art of jazz improvisation.

"I'm excited for this camp," said senior Bobby Starace. "It will be a great way for me to enhance my musical skills."

The band was able to learn a lot from this program and is now better than ever.

"This was a great experience for the band and I believe that we've come a long ways from this," said Rowley.

Story/Layout by Jay Villalobos



like brother like sister

{10} nathan burnett

Jack seemed to be a nice guy. He was easy to listen to and even easier to learn from.

{12} Faith burnett

Jack was a really cool guy to work with. I learned so much with him over the course of the weekend.

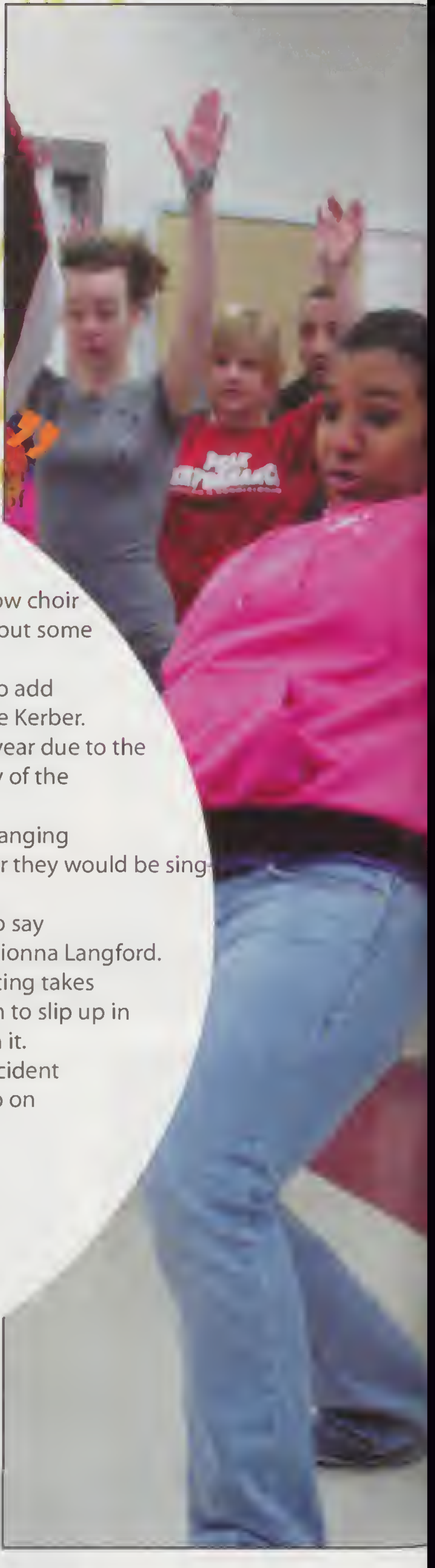
comes from the heart– Bill Bergren

The band gives it all for an excellent performance. Here, the band is playing at the Historical Building to raise money for the Aebersold Jazz Camp.

Bobby Starace knows that patience is a virtue as he waits for his turn to solo. The band soloed at a Java Joe's jam session.

great solos take years of practice. Here, Jack Wilkins shows the band the different modes of a scale. Wilkins is the director of jazz studies at the Univ. of Southern Florida.

"doesn't really matter to me"



Most students can agree that they are not exactly the best morning person. They come to first hour still half asleep and as third hour rolls around they are starting to get a grip on the day to come. However, students in show choir arrive every day ready for first hour to belt some tunes and put some energy in to their choreography.

"Sometimes the choreography is lame, but we just try to add our own style to it and make it our own," said junior Desiree Kerber.

In the past, show choir has done mall performances but this year due to the weather teacher Tracy McCaull decided that for the safety of the students to not perform.

With complex choreography and song selections ranging from modern to classical, most students found it surprising that this year they would be singing Queen's hit "Bohemian Rhapsody".

"The song and choreography was interesting to say the least, but everyone took it in and had fun with it," said senior Dionna Langford.

Understanding how to control your voice while dancing takes some serious multi-tasking. When some forget a step or happen to slip up in a routine, the students shake it off and go along with it.

"We are bound to have a little mishap, we are all accident prone, but we just act like it never happened and keep on dancing with a smile," said Kerber.

Story/Layout by LaRissa Connett

We did awesome in choir!

Practicing his routine to "Bohemian Rhapsody",Chris Williams (12) crouches to the music.

"goodbye everybody!" Show choir is not only a demanding extra curricular but also an academic elective.

he said she said

{12} Chris Williams

Show Choir can be both tedious and fun. I enjoy some of the classical song selections that we have done in the past but this year has been very innovative and fun.

{11} Carmen Buchanan

Show choir has gotten me to expand socially and get out of my shell. The early mornings didn't bother me and I enjoy singing and dancing.

scarlet merchandise:

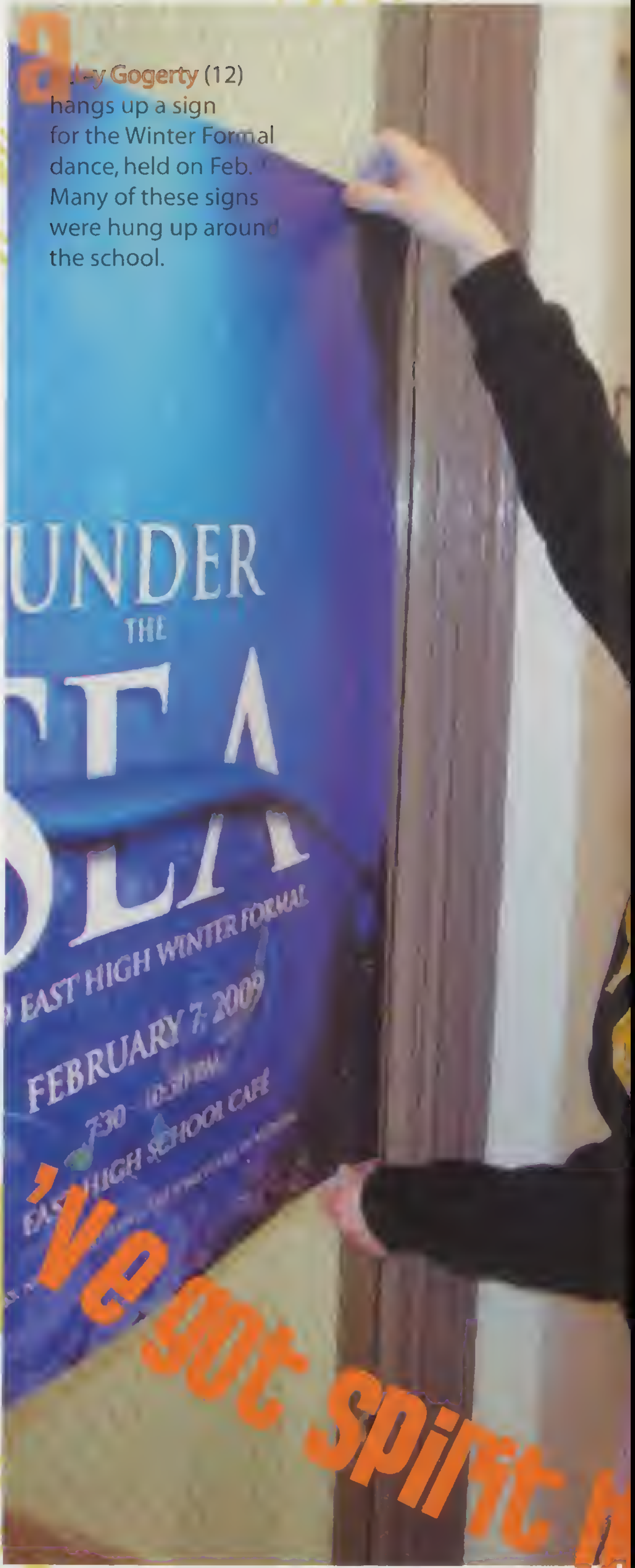
pom poms

Beads

Tattoos

pins

war paint



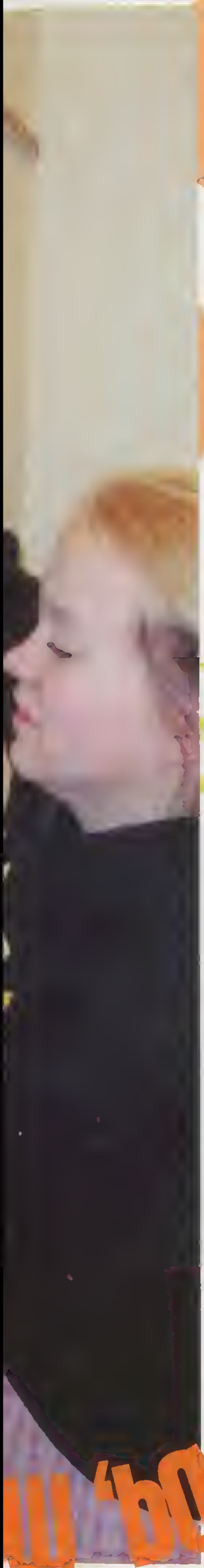
A[illegible]y Gogerty (12) hangs up a sign for the Winter Formal dance, held on Feb. Many of these signs were hung up around the school.

UNDER
THE
SEA
EAST HIGH WINTER FORMAL
FEBRUARY 7, 2009
7:30 - 10:30 PM
EAST HIGH SCHOOL CAFE

J[illegible]anna [illegible] (12) puts together an "Under the Sea" decoration for Winter Formal.

we've got spirit

Show us your spirit!



Are you looking to find school spirit? Pep E club is a great way to show your red and black pride.

"I like being in Pep E because I love showing my school spirit, I also really enjoy being President of Pep E because I feel that it's a great opportunity to be in charge of a great group," said senior Ashley Gogerty.

The first Pep E meetings weren't the best not many people heard where the meetings were going to be held and at what time. Later members chose Wednesday morning and people began to show up. They had a small group, but they were all very hard workers.

Pep E sells buttons, beads, pins, tattoos…etc. All the necessities to show your school spirit at all of the school events.

"I like buying the war paint stickers that the football players wear. They're really cool and I also like the beads," said junior Jamie Harris.

Pep E is a great way for students to get involved. It let's you have a say in what goes on at the school. The students assign the theme for Winter Formal and they also make all the cool decorations at the dance. The members of Pep E also come earlier before the dance and they set up the dance floor and put up the decorations.

"This year the theme for Winter Formal was Under the Sea; the colors were blue, purple and teal," said Vice President Joanna Peters.

Pep E has been at East for quite some time, the staff members who have been in charge of it over the years have done a good job keeping it going.

"I joined Pep E Club because my best friend made me attend the first meeting, and at the first meeting they were voting for officers and I ran for vice president. I won and I'm really glad I joined; it's really fun and a great opportunity," said Peters.

Story/Layout by: Madison Kasper

"Oh no, a shipwreck!" The girls thought this would be a catchy decoration for the winter dance.

he said she said

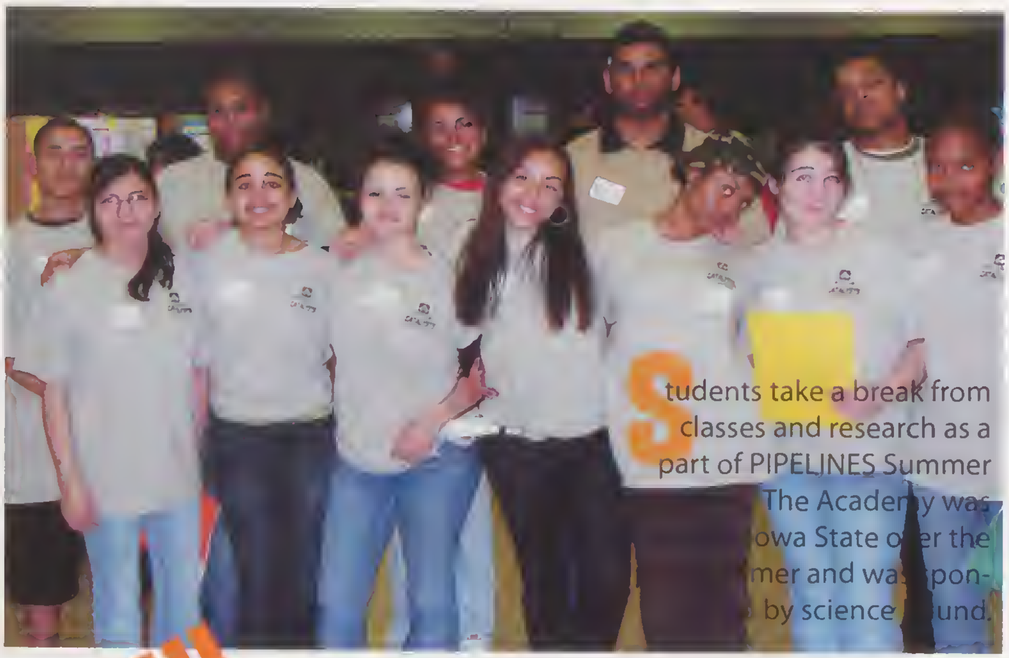
{12} guadalupe rodriguez

"My favorite part of science bound is the science part!"

{12} ashley dameron

"The best part of science bound was hanging out with friends and doing fun and crazy activities. They were very entertaining."

"it's a great way to give people the chance to succeed in school and get ready for college life" senior Danielle Oliver.



Students take a break from classes and research as a part of PIPELINES Summer [illegible] The Academy was [illegible] Iowa State over the summer and was sponsored by science Bound.

, if you didn't know

Science Bound is an academic program for minorities that enhances the standard of learning, if you didn't know.

The group's activities include launching campaigns and scoping careers while mainly focusing on math and science.

"It's a great way to give people a chance to succeed in school and get ready for college life," said senior Danielle Oliver.

Not only is it a great chance to get people ready and excited for college, it is a chance for students to get scholarships.

"This program is the single most important thing a student can do if they want to succeed in their future," said Science Bound teacher Maureen Griffin. "A free education is huge these days and nobody should pass the opportunity up."

Two Saturdays a semester the group travels to Iowa State University, the sponsor of Science Bound, to get a feel for college campus life.

"ISU is a really fun place to go," said sophomore Onyinye Kemdirim.

During the trips, there are specific activities for every age group. They also provide shadow days and senior days that provide students with even more information.

"It's interesting learning there. Once we studied 'what makes a good running shoe?' It was cool being so scientific," said Kemdirim.

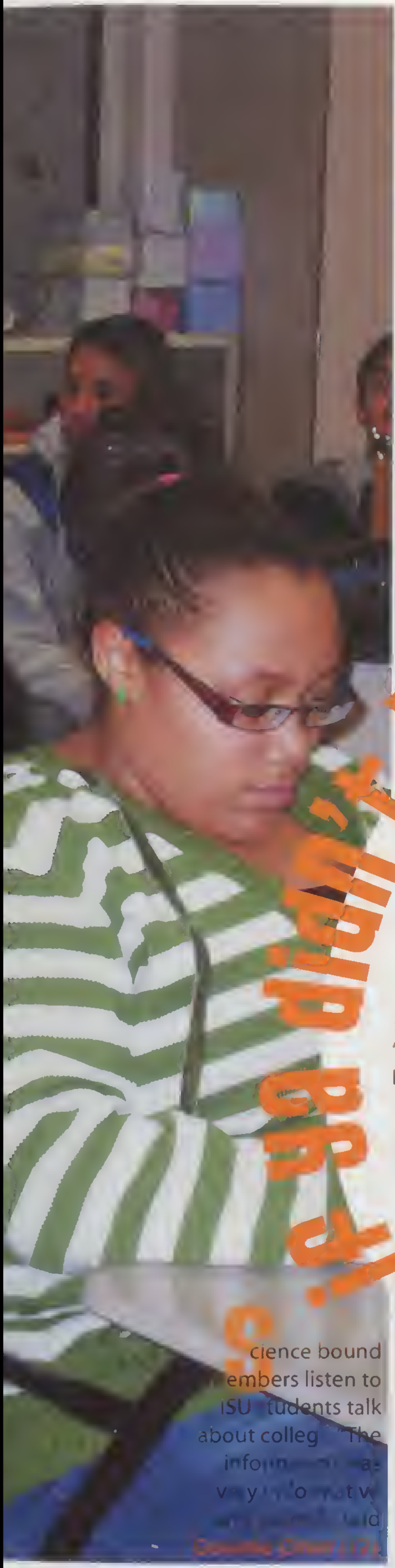
ISU students and alum also take trips to East to talk to students.

"It's nice to talk to people who are going through the same things we are," said Oliver.

The organization is doing a "Go Green" campaign around East to try to get the school to recycle their plastics.

"The campaign is a really good idea," said Kemdirim. "I'm gladthat our school is trying to get involved in helping the environment.

Story/Layout by: Kylie Vry



Science bound members listen to ISU students talk about college. "The information was very informative [illegible]," said Danielle Oliver (12).

Preparing for the big show

story / layout by : Brittany

You see the Color Guard twirling their flags and catching rifles.
You see the baton twirler bravely catching sticks engulfed in flames.
You see the steppers shaking what their mama gave them.
You see the band rocking out on their instruments.
You see the members of the choir hitting high notes.
But what you don't see is what they do to be able to get to that level.
"I've been twirling for ten years now. I practice for five hours a day,
seven days a week," said sophomore Mollie Fessler-Boylan.
Hours of practice, dance lessons, voice classes…
it's a meticulous science that involves commitment and power of will.
It may look like it's all done with ease but a ridiculous amount of time,
dedication, and sweat goes into every move.
All this practice is not just for high school activities,
some do it because they want to pursue a career in their area of interest later in life.
"I've been dancing at Becky Nalevenko's Dance and Tumbling Studio 10 years.
It takes up a lot of time, but it's something I love and I find it all worthwhile.
'I aspire to become a Radio City Rockette but if not,
I want to be on Broadway and if that doesn't work out,
I'll teach a dance studio in Chicago," said junior Vania Boland.
These activities are a lot like sports but they also differ in many ways.
When you play a physical sport, it's important to be strong.
It's also important to be strong while being a member of an organization
but it's not the same tough, physical strength.
Flexibility and grace are important with many of these.
If you participate with vocals or instruments, you must have a strong diaphragm,
the muscle that allows us to breathe.
"I've sang in chamber choir for the past wo years. It has been very rewarding
and it exposed me to a style of music that
I had previously never taken an interest to," said senior Dionna Langford.
Whether you have raw talent or take part in something
that helps you be the best you can be,
one thing is always constant: heart. You can have all the talent in the world
but you have nothing if your heart isn't in it.
Do what you love and don't let anybody try to influence that.

“Orchestra

is the best, I live for it.” Senior Kristina Denin expresses her love for orchestra and is an avid player of the cello.

Sophomore

Kelsey Kennedy poses in various dance costumes. She has danced for a total of 11 years, 8 years at Amy Peel's Dance Avenue and 3 years at Charlee's Elite School of Dance.

Senior

Shelby Eckardt is a participant in The Nutcracker held at the Civic Center. It is a traditional ballet that is performed around the Christmas holiday.

Winter Guard performing their state show for a basketball half-time. The girls performed their show many times throughout the Winter Guard and basketball seasons.

We don't twirl, we spin!

Color Guard gets looked at as being "easy" and "anyone can do it," but for the people who actually do it, it's definitely not easy and not everyone can do it.

"You try spinning a 6 foot pool with a long silk on it, a 3 pound rifle that does some damage when it hits you, and a saber that could poke your eye out!" said junior Devan Stuve.

During football season Color Guard worked with the band to put on a spy-themed show for fellow Scarlets while the football players got their pep-talk.

Sophomore Sadie Hines said that marching season was her favorite because they "gotta go to football games and stuff."

The Marching Scarlets didn't compete this year; they had to settle with half-times and parades. This left people upset, but also lead to a great show for Winter Guard.

Winter Guard is never going to listen to "100 Years" by Five For Fighting and not start to perform their no-drop show they had at state. Even though they did an excellent job they still got second place under their rivals Dubuque Senior.

"I know there's always room for improvement, but my girls and I did our best. We ended up doing better then we expected," said sophomore Madison Williams. "Even though we sometimes wanted to rip each others' hearts out, we still pulled together in the end."

Winter Guard usually performs their state show at basketball half-time, but this year they brought back Little Color Guard for one of the performances.

"I absolutely loved the little girl I had," said junior Miya Williams. "She was the best little person in the world!"

Other than performing, Guard raked leaves, worked at Pizza Ranch earning tips, and sold things here and there to make money for new equipment and choreography.

Junior Kylie Grantham said she didn't care about all the work as long as the Guard got new equipment, props, and skills.

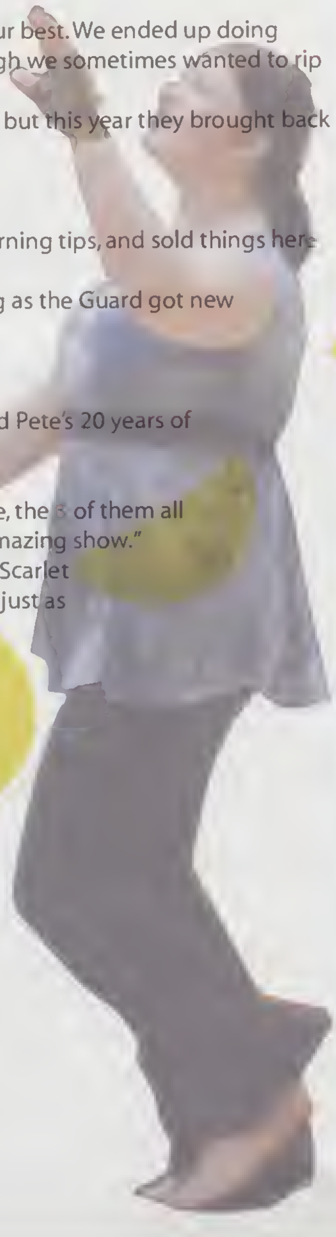
Pete T. and Kate S. are two wonderful people that come into town to help the Guard look their best.

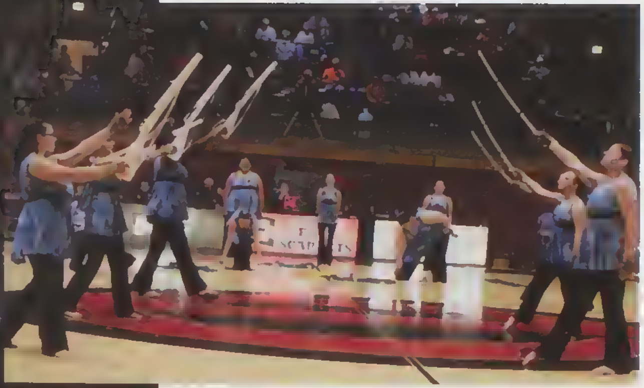
Coach Michelle Eggleston said with Kate's 15 plus years and Pete's 20 years of experience brings a whole new level of difficulty to Guard, making it more of a competitive program.

She also said along with her 10 to 15 years of experience, the 3 of them all find a vision and they put them together to make an "amazing show."

So next time you see EHS Guard performing their Scarlet spirit, please give them some respect. They work just as hard as the other sports teams do.

Story/Layout by Sammy Jones





The girls performing their state show. This part was called "Here comes Shawna" because Shawna Wilson (12) would be coming down the middle doing flag work.

Miya Williams (11) takes time to wave at the camera, while Madi Williams (10) gets leaves out of her rake. The Guard rakes leaves every year to earn some money for new stuff.

guard circles up and puts their feet in. Before every football half-time the girls huddle into a circle for a pep talk.

Kristal Hill (9) annoys fellow teammates. Her being the only freshman got her a lot of crap.

violins, cellos, and basses, oh my!

Bach, Beethoven, and Mozart are popular composers whose music orchestras are known for playing.

Who knew that John Lennon and Paul McCartney's hit song "Eleanor Rigby" would be a favorite played by the East High orchestra?

"I like the song because it has a good rhythm and it's an easy song to sing along with," said junior Miya Williams.

Other favorites were "Colors of the Wind," a Disney classic; "Waltz of the Wicked," a composition chosen for the Halloween concert; and "Greensleeves," an 18th century arrangement.

Freshman Rosalie Hensen expected other violas to be playing with her during these songs, but to her surprise, she discovered she would be the lone viola player in orchestra this year.

"I'm not exactly the greatest player in the world, so I was nervous when I found out that I was going to be the only one," said Hensen.

Hensen also said she found vibrato hard to master and that music tempos change a lot more than she was used to in middle school.

Williams has played her violin for seven years and said that being in orchestra has taught her how to "analyze everyday problems."

"Orchestra was my favorite class because it was a time to just play music, relax, and to forget about the stress of other classses," she said.

Many would say orchestra was a time and place where many memories were made.

A highlight for sophomore Jackie Fudge was playing with the band.

"I liked playing with the band because there was more variety in the music and instruments," Fudge said. "I heard it was really cool to listen to at the concerts."

Williams said her favorite event was playing music at Mercy Hospital for their anniversary.

"The doctors and nurses applauded us after every song and it was a nice day out," Williams said. "It was really fun!"

A memorable event that some students had the opportunity to participate in was the Washington, D.C. trip.

The class had been planning and raising money since '07. The orchestra joined the handbells and choir groups during spring break and took a vacation from all the hype at home.

"I liked being away from school and just seeing new places with my classmates," said Hensen.

Unfortunately, the price of the expedition (over $800) was too much for others.

Junior Ryan Beggs said, "I wish I could've gone, but I couldn't come up with that amount of cash on time."

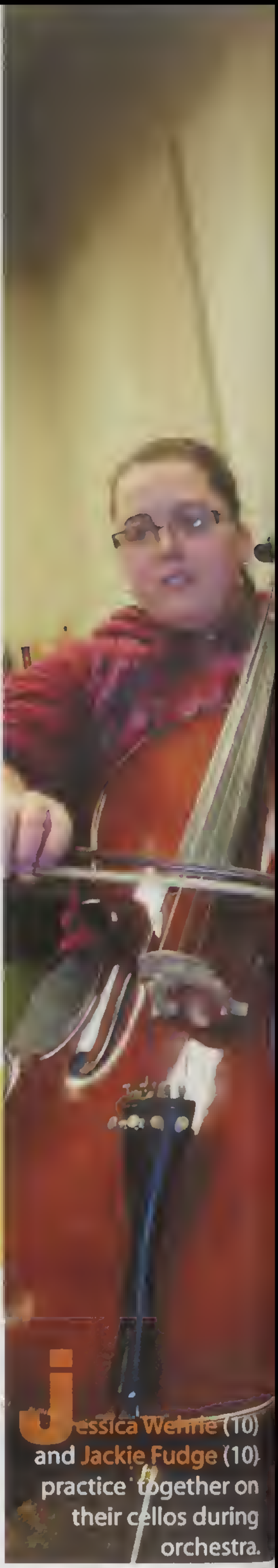
To others, the experience was priceless.

"My daughter went with us on the trip," said orchestra director Jennifer Luft. "Her favorite part, for some reason, was the bus ride!"

Senior Pa Vang said that the whole class was fun and that it was nice to get to know everyone.

"I'm really sad this is my last year," said Vang. "I loved orchestra and I hope I can find the time to play for fun in the future."

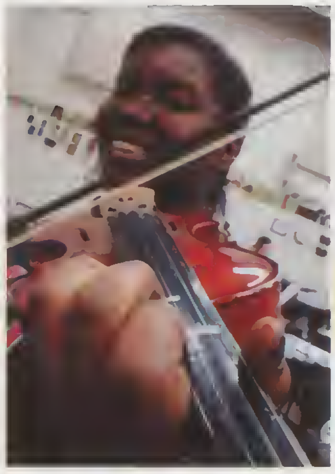
Story/Layout by Madi Williams



Jessica Wehrle (10) and Jackie Fudge (10) practice together on their cellos during orchestra.

i like exposing the students to new music every day.

-jennifer luft, orch. director



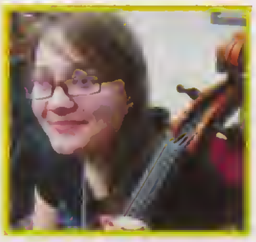
Ma Williams (11) tunes her strings before playing. Williams has been playing her violin for seven years.

First violins practice before class begins. A couple of this year's favorite songs were "Waltz of the Wicked" and "Greensleeves."

{09} katherine burns

she said

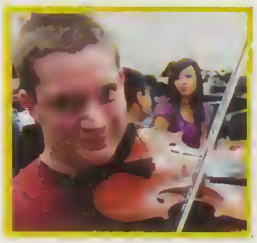
"I've learned how to shift between notes. It was really hard but then I got used to it."



{12} jeff moore

he said

"I've learned that the band uses way too many stands for their music."



Two basses practice and talk while the other instuments tune. Bass has been Jason Deaton's (10) instrument of choice for 2 years.

EHS Athletes:
Early Mornings Late Nights

Story/Layout by: Kaitlyn Carpenter

Here at East, sports are a way of life. Many of the teams and athletes have made it to state or have been conference champions. In order to be great at a sport in high school, students have to put in the time, even if it means working year round or at odd hours of during the day.

Many sports at East have started to practice in the morning before school started. At the start of the girls' basketball season, the team had two-a-days (practice before and after school) for a full week. Practice started at 5:30 a.m. sharp, and ended at 7:20, leaving them with just enough time to get dressed and to class. Then, practice again promptly at 4:30 p.m. until 6:30 or later. "Trying to stay awake and pay attention through the rest of the day is really hard after getting up so early," said sophomore basketball player Sharnae Lamar.

Basketball isn't the only sport that has come up with the idea of morning practices. The wrestling team also had morning runs (workouts) Mondays through Thursdays during the season. Although only two days a week were required, it's the same concept: getting up early, working out, and then being expected to go to school and stay awake.

"It's not that bad, because it gives us more time to work out and we're not limited to just afternoon practice," said sophomore wrestler Nick Roth.

The girls' swimming team also woke up before sunrise for their practices on certain occasions. These girls' only had morning practice on holidays or days they didn't have practice after school.

"The upside to morning practice was that we got it over with in the morning and didn't have to go in again after school for practice," said sophomore swimmer and basketball player Chelcie Scott.

Along with morning practices some students also have to put up with off-season workouts year-round.

Players that play outdoor sports like baseball and track find themselves practicing more inside than they do outside.

Players on the softball team have to deal with practicing inside for many months. "We practice from October until April inside. We can't do anything outside so we are pretty much stuck inside for 6 months," said junior Caitlyn Carmichael. The team practices several times a week during the 6 month period.

"We are usually practicing all through the week. Some of us are at our softball building 5-7 days a week working out," said Carmichael. Off season practices are extremely different compared to regular season practices.

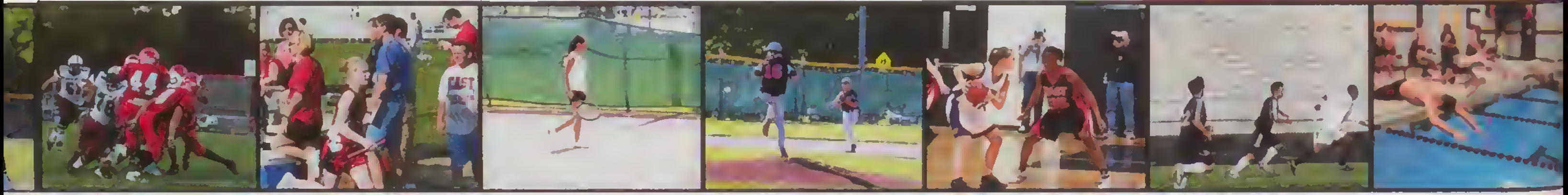
Sophomore Taylor Allgeier said during off-season the softball team does conditioning classes, speed classes, and indoor hitting and fielding workouts.

Athletes agree that off-seasons are way more stressful and time consuming compared to the actual

"During the actual season we only have to worry about games and practice. During the off-season, we have to do more days of practice and workouts and then we have school on top of that. It gets really stressful," said Allgeier.

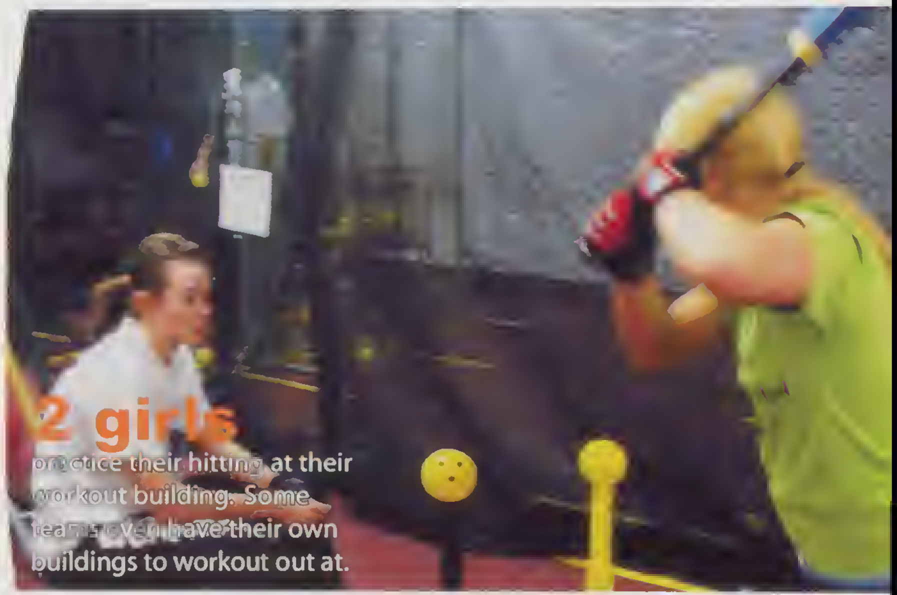
While students dread both morning and off-season practices, they know that in order to do well in their sport they have to put in the time.

Story by Liz Bolten



Taylor Allgeier [10] hits during a winter workout. Many athletes that are on spring or summer teams still practice during the winter.

Cassandra Le [10] sleeps during one of her classes. Many students who practice in the morning end up sleeping during class.



2 girls practice their hitting at their workout building. Some teams even have their own buildings to workout out at.

color guard

Front Row: Kylie Grantham (Captain), Marissa Kimmel-Kendrick (Co-Captain). Row 2: Madison Williams, Shawna Wilson, Kristol Hill. Row 3: Shelby Wilson, Devan Stuve, Dora E-Jordan, Sadio Hines. Back Row: Destiny Eddy, Alejandra Martinez, Miya Williams, Jackie Fudge, Sammy Jones.

steppers

Front Row: Taylor Higgins, Kelsey Kennedy (co-captain/choreographer), Alyssa Denning, Alexes Cummings. Row 2: Tricia Johnson, Shelby Eckardt (captain). Back Row: Kara Maul, Missy Morton, Brooke Young. Not pictured: Coach Christi McWilliams, Coach Amanda Khodal.

pep "E"

Front Row: Ashley Gogerty, Joanna Peters. Row 2: Jennifer Vong, Nari Cavan, Emily Chanthavisouk. Back Row: Natasha Ellis, Rosie Cam, Lorrie Kingen. Not Pictured: Alejandra Martinez, Terri Cabrera.

organization

scarlet singers

Front Row: Kayle Wisneusky, Karmen Buchanan, Rosie Cam, Kristin Alexander. Row 2: Shelby Cerr, Cody Shepherd, Dosi Kerber, Jacob Reed, Brian Goheen, Kelsey Robinson, Isaec Lovan, Katie Price. Back Row: Jayanna Smith, Lauren Morgan, Heather Prettyman, Caleigh Mormann, Alex Smith, Afton Abel, Jennifer Vong, Tyler Avant, Ngoc Nguyen, Tim Williams, Sadie Hines, Chris [illegible], Sammy Jones, Aubrey Stith, Trisia Johnson, Jerrica Newberry, Chauncy Skeffington. Not Pictured: Dionna Langford, Joanna Peters, Tylor Thompson.

fresh air

Front Row: Brooke Wilson, Abigail Sigmund. Row 2: Kaleigh [illegible], Matt Rinnor, Mentso T[illegible], Brandon Lautenschlager, Alex Gross, Stephanie Nowels, Michael Fitzpatrick. Back Row: Jordan Morrow, Tarif Wright, Rosalie [illegible]son, Nick Williamson, Sarah Fitzpatrick, Justin Nichols. Not Pictured: Megan Bailey, Jazmyne Reich, Anthony Worthington.

advanced handbells

Front Row: Kristina Denin, Kristin Davis. Row 2: Sammy Jones, Caleigh Mormann. Row 3: Andrea Campbell, Stacy Anderson, Tiffany Rattray. Back Row: Naipong Vang, Shelby Jackson, Bobby Slarach.

handbell choir

Front Row: Kelsie Whitfield, Hannah McKeevor, Megan Whitfield. Row 2: Jennifer Whitney, Tiffany Rattray, Ravery Phaviset. Back Row: Mariol Bradford, Brian Goheen, Chris Tutje, Kayla Woodhall. Not Pictured: Mandy Stoutgard.

chamber choir

Front Row: Jayanna Smith, Lauron Morgen, Caloigh Mormann, Desi Kerber, Karmen Buchanan. Back Row: Courtnoy Bozman, Meri Stoutonherg, Brian Gohoen, Chris Williams, Cody Shepherd, Bobby Starace, Dionna Laugford.

concert choir

Front Row: Brooko Wade, Kelsey Whitfield, Jessica Schnoehelen, Alyssa Brandt, Jennifer Whitney, Sinead Walkor. Row 2: Ebony Cameron, Samantha Smith, Shelby Jackson, Tayler Sibert, Kayla Weodhall, Kaitlin Donulson, Nicole Hoskins, Shelby Si[illegible] Back Row: Lauren Garreits, Jasmine Blanchard, Lakeitha Rohinson, Meleah Pattorson, Heather Jonson, Erin Smith, Amanda Stougard, Tiffany Rattray, Amher London, Maressa Stonoh[illegible]er.

prep choir

Front Row: Hannah Dudley, Ashloy Overton, Chris Royce, Josh Meinko, Wade Williams, Josh Rounds, Ravary Phavisel, Stephanio Pathammeavong. Row 2: Nick Steinbach, Jasmin Munoz, Kristel Hill, Paige Groves, Samantha Green, Taylor Anderson, Amanda Tucker, Bethany Faux, KenNita Grutel, Marilyn Potter, Mercedes Reynolds, Teresha Landers. Back Row: Taylor [illegible] Riley Fisbor, Tenoa Fahray, Erika Hood, Devon Edwards, Kristina Knuths, Amanda Stoines, Caitlynn Bruschor, Joycelin Calderon, Whitney Culp, Karisha Duff. Not Pictured: Laycee Barnard, Donte Brown, Aloxes Cummings, Barbara Davis, [illegible] Edwards, Alyssa Espinoza, Lindsey Smith, Sierra Tate, Yesenia Vargas, Caleh Wilson.

wind symphony

Front Row: Cody Mitchell, Jacob Wagner, Brennan Lawrence, Megan Lein, Kristen Davies, Megan Rowat, Faith Burnott, Samantha Halsten, Director Ryan Rowley. Row 2 Miles Hackett, Soth Hlushaw, Kennoth Cortum, Andre Johnson, Thomas Allen, Nathan Burnett, Jay Villalobos, Michael Davidsen, Taylor Petit. Back Row: Kase Heuermann, Tenea Fahray, Meri Stoutenhurg, Claire Diver, Robert Starace, Morgan Bush, Nicholas Hamilton, Demarkus Horton, Christophor Tutje.

jazz band

Front Row: Megan Rowat, Jay Villalobos, Shelby Jackson, Faith Burnett, Demarkus Horton, Hollie Russett, Hick Hamilton. Row 2: Jacob Wagner, Anna Flickenger, Taylor Pottt, Andre Johnson, Matthew Mendenhall, Juan Iruegas, Director Ryan Rowley. Back Row: Seth Hinshaw, Kaso Honermann, Morgan Hash, Bobby Starace, Nathan Burnett, Samantha Halsten.

orchestra

Front Row: Rene Reynolds, Karen Perez, Caitlyn Carmichael, Jennifer Luft, Carolina Chavez, Kelsey Whitfield, Kayla Woodruff, Sandra Hadley, Summer Weinman, Ashley Baumgardner. Row 2: Lan Nguyen, Stephanio Pathammavong, Karlie Stevens, Ryan Beggs, Madison Williams, Shawna Wilson, Jackio Fudge, Devan Stuve, Jessica Wehrle, Hgoc Cao, Rosalie Hensen, Katherine Burns, Pa Vang, Jesh Rounds, Sarah Fitzpatrick. Back Row: Holly Meysenburg, Jason Deaten, Jeffrey Moore, Miya Williams, An Nguyen, Jordan Sams, Jeffrey O'Brien. Not Pictured: Amanda Baumgardner, Devin Butler, Stacie Post, Rachel Anderson, Clare Angereth-Franks, Kristina Denin, Colten Knutzen, Hannah McKeover, Hancy Hguyen, Tiffany Rattray, Seirra Smith, Sarah Son.

concert band

Jordan Aboling, Thomas Allen, Stacy Anderson, Cedric Arcelia, Jacob Ratliff, Jacob Bellman, Faith Burnett, Hathaniel Burnett, Morgan Bush, Travail Carethers, Katy Casey, Bicardo Ceballos, Jordan Dirksena, Kenneth Cortum, Michael Davidson, Kristen Davies, Claire Diver, Matthew Drew, Tenea Fahray, Miles Hackett, Samantha Halsten, Hicholas Hamilton, Wesley Hedermann, Soth Hinshaw, Demarkus Horten, Johnica Hudson, Juan Iruegas, Shelby Jackson, Andre Johnson, Marissa Kimmel-Kendrick, Brennan Lawrence, Megan Lein, Zachary Mata, Matthew Mendenhall, Cody Mitchell, Ashley Hash, Michael Olgren, Gerald Palmer, Taylor Pettit, Arthur Randolph, Patience Richardson, Brianna Robinson, Kristina Rounds, Megan Rowat, Hollie Russell, Jessica Schnoebelen, Julia Sigmund, Jaydo Sleeth, Robert Starace, Meri Stoutenburg, Megan Thurmond, Christopher Tutje, Travis Tutje, Wendy Uribe, Jay Villalobos, Jacob Wagner, Dylan Warrick, Shelby Wilson, Katie Woods, Sadie Woods, Robert Young.

student government

ont Row: Nancy Nguyen, Courtney Melton, Brooke Green, ienna Langford, Joanna Peters. Row 2: Sierra Smith, auncy Skeffington, Kimmie Faux, Rose Van Gundy, Emily anks, Pa Vang, Yana Kornilseva. Back Row: Brittany ilkinson, Lorrie Kingen, Brad Davison, John Swanson, lison Stuhr, Michael Stone, Angel Delgado, Austin Ahl-ones. Not Pictured: Derrek Moath.

9th student government

Front Row: Sky Dalo, Amanda Tucker, Manny Delgado, Ben Frasier, Austin Ahl-Jones, Cameron Young. Not Pictured: Skylar Funderburk, Sam Hinter, Stormy Rand, Alex Davis, Raven Rowley.

NCYL

Front Row: Dienna Langford, Stephanie Janssons, Jennifer Chang, Shahira Robinson, Pa Vang, Brittany Wilkinson. Back Row: Chris Williams, Doan Nguyen, Kiandro Smith, John Swanson, Brad Davison, Eric Feldman. Not Pictured: LaRissa Connett, Ashley Gogerty, Ariel Jetty, Claudia Kyalangalilwa, Amy Parker, Charissa Shepherd, Naipong Vang, Brittany Weichman.

NEHS

Front Row: Samantha Jones, Madison Williams, Erica Rockey. Row 2: Sponsor Ashley Schryver, Pa Vang, Sharaya Jackson, Nadia Tyler, Stacy Anderson. Back Row: Amy Kitchie, Chris Williams, Sponsor Michelle McPherson, Courtney Bozman.

senior board

Front Row: Travis Williams, Katie Woods, Kylie Vry, Dionna Langford, Michael State, Julieann Brake. Row 2: Stacey Anderson, Andre Johnson, Monice Griffin, Lois Lewis, Lacey Gomez, April Phommavong, Ashley Gegerty, Lizzay Gedey, Brittany Syvixay, Sammie Beal, Zella Sarmiento. Row 3: Jeanna Peters, Marissa Thompson, RJ Harris, Jordan Wentland, Jasmien Clanse, Ryan Cam, Kurtis [illegible], Kimmie Faux, Courtney Merten, Megan Gabriel, Katelynn Tappan. Row 4: Kaydie Boyd, Haley Senecaut, Johnny Wentland, Samantha Torres, Ariel Jetty, Patricia Barten, Heather Seward, Jocelyn Perkins, Brooke Green, Rose Van Gundy, Jennifer Young. Back Row: Jeremiah Deever, Brianna Robinson, Melissa Ulmer, Allison Stuhr, Jay Villalobes, Kyle Omundson, Derrick Meath, Eddie Perkins, Ayanna Prince, Doan Nguyen, Kalynn Fields, Erin Smith, Charles Hughes. Not Pictured: Ashley Lovell

NHS

Front Row: Kelsey Whitfield, Shawna Wilson, Ashley Gogerty , Shelby Carr, Caitlin Carmichael, Jennifer Chang, Nancy Nguyen, Susan Nguyen. Row 2: Courtney Bozman, Deavan Stuve, Nadia Tyler, Stephanie Janssons, Jamie Harris, Paige Gee, Teighler Gutierres, Meri Stoutenburg, Zamira Fraire, Michael State. Row 3: Sarah Son, Molly Hinman, Taylor Luft, Lorrie Kingen, Pa Vang, Amy Ritchie. Row 4: Ariel Jetty, Karen Rodriguez, Alma Marquez, Allison Stuhr, Stacy Anderson, Christopher Williams. Back Row: Kiandre Smith, Jessica Kilby, Zachary Flickinger, Kyle Omundson, Brian Hensley, Ryan Cam. Not Pictured: Katie Price, Chelsea Rife.

top 3%

Front Row: Katelynn Tappan, Zamira Fraire, Kylie Vry, Courtney Bozman, Jennifer Chang, Rebecca Green. Back Row: Christopher Williams, Scott Thompson, Dean Nguyen, Jesus Rodriguez, Shahira Robinson, Eric Feldman, Kyle Omundson, Ariel Jetty, Emily Banks, Pa Vang. Not Pictured: Nari Cavan, Brittani Weichman.

top 15%

Stacey Anderson, Amanda Baumgardner, Faith Burnett, Ryan Cam, Ashley Dameron, Bradley Davidson, Julieann Drake, Kody Ford, Megan Gabriel, Ashley Gegerty, Brian Hensley, Stephanie Janssens, Jessica Kilby, Darika Keuangvan, Claudia Kyalangalilwa, Zachary Laird, Dionna Langford, Lois Lewis, Patrick Mburu, Hannah McKeever, Jeffrey Moore, Precious Moore, Courtney Morton, Joseph Nixen, Jeanna Peters, Tiffanie Porter, Chelsea Rife, Kimberly Robinson, Karen Rodriguez, Zella Sarmiento, Heath Seward, Charissa Shephord, Kiandre Smith, Crystal Spurgeon, Michael State, Allison Stuhr, Johnathan Swanson, Marissa Thompson, Haipeng Vang, Ryan Verweres, Sara Wagner, Ashley West, Brittany Wilkinson, Shawna Wilson, Jennifer Young.

scroll

Front Row: Katie Heggon, Erica Rockey (Co-Editor), Emily Banks (Co-Editor). Row 2: Rene Reynolds, Randy Tharp, Charissa Shepherd. Back Row: Taylor Carlisle, Caitlin Schuler, Tyler Senor, Travis Williams.

quill

DES MOINES
SENIORS
09
SOMERSET

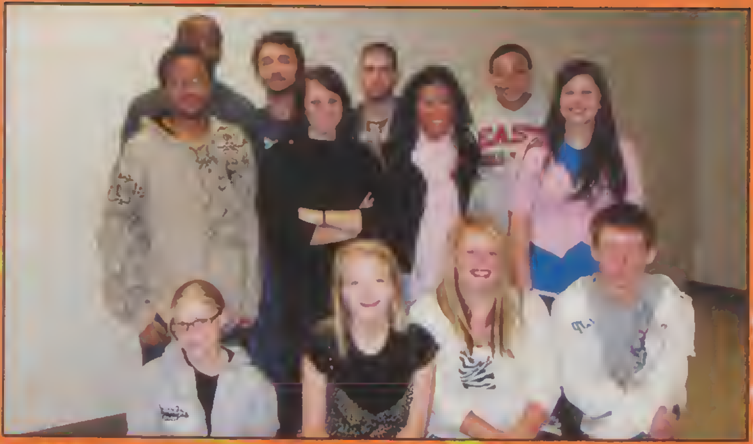
Front Row: Nadia Tyler. Row 2: Madison Kasper, Ashley Lovell, Brittany Syvixay, Kato Hurley, Ambreyana Jones, Kaitlyn Carpenter. Back Row: Kylo Ormundson, Kylie Vry, Jay Villalobos, Scott Thompson, Layla Schwartztrauber, LaRissa Bennett (Editor-In-Chief).

debate

Front Row: Chris Williams, Caleb [illegible]. Row 2: Coach Jennifer Medina, [illegible], Coach [illegible] Avant, Shelby Sly, Trevor Higgins, [illegible] Rattray. Back Row: Coach Josh Young, Jeff Moore, [illegible] Rockey, Zach Lewis. Not Pictured: Marquaisha Haygood, Adrienne Slothouber, Domingo [illegible], Brian Terrell, Tylor Rounds.

organizations

we the people



Front Row: Kerrie Gruwell, Ashley Gogerty, Jeanna Peters, Joe Nixon. Row 2: Andre Johnson, Kyle Rowe, Liz Godey, Erica Rockey. Back Row: Lee Ukpan, Chris Williams, Cody Oliver, Danielle Oliver. Not Pictured: Andrea Campbell, Alec Martin, April Poland, Travis Williams, Katie Woods.

science bound

Front Row: Adam Puderbaugh, DeAngelo McGregor, Ashley Dameron, Onyinye Kemdirim, Alma Marquez. Back Row: Lowell Long, Edison Moody, Jesus Rodriguez, Guadalupe Rodriguez, Marquisha Haygood, Chelsea Tidwell, Carmen Carrasco, Maureen Griffin, Anson Bowie. Not Pictured: Penny Lee Harris, Yvette Ortega, Alma Salas Chelcie Scott, Adrienne Slothouber, Bria Johnson, David Macias, Jasmine Rodriguez, Carolina Aguilar, Ruby Murillo, Danielle Oliver, Adriana Reyes.

9th science bound

Front Row: Ricardo Rodriguez, Carissa Curtsinger, Shawnice Collier. Back Row: Montserrat Trejo, Rocio Rodriguez, Mayra Verduzco, Ben Frazier, Brittney Oliver, Kierra Osborn. Not Pictured: Maria Ceballes, Jose Contreraz, Armanda Hernandez-Urzua, Demarkus Horton, Junior Kemdirim.

upward bound

Central College: Eric Beattie, Shannissy Catron, Jenny Chai, Amanda Jackson, Karen Rodriguez, Jeff Searcy, Samantha Smith, Chona Thao, Haipong Vang, Pa Vang, Stephanie Yang.
Central College Math & Science: Thomas Allen, Raymond Benitez, Taylor Bimbi, McKenzie Cook, Ashley Cruikshank, Miles Hackett, Marquaisha Haygood, Andrew Inrachavongsa, Darika Kouangvan, Danielle Peterson, Taylor Pettit, Payton Pringle, Crystal Ross, Kevin Souvannasanh, Madison Tedrow, Kelsey Whitfield.
Simpson College: Adrianna Biblan, Vanessa Henriquez, Chelsey Clay, Chauncy Skeffington.
DMACC: Mireya Alvarez, Yesenia Alvarez, Sky Dale, Dunlap Hall, Qnique Johnson, Ricardo San Elias, Rebecca Sandoval, Leanna Thun

9th latino group

Jossica De Avila, Jocelyn De Avila, Janet Santos, Omar Sanchez, Anel Melondez, Jose Contreras, Bryan Camacho, Taylor Gomez, Tiffany Zuniga, Itzel Macada, Maricola Lozano, Christian Trejo, Sebastian, Tania Cardenas, Vanessa Contreras, Jessica Hornandez, Angelica Rodriguez, Montse Trojo, Oscar Alvarez, Mark Juarez, Noftali Montosiuo, Ricardo Ceballos, Rosa Ventura, Carlos Sal[illegible], Maria Ceballos, Berenice Lopez, Jorge Ledosma, Yadira Lopez, Lidia Vasquoz, Adrian Porez, Anahel Estrada, Philips Palomoquo, Brenda Rodriguez, Nataly Valdez, Jonathan Ruiz, Sara Cerda. Sponsors: Salvador Aguirre, Laura Negrete-Reinders, Oscar Meza.

french club

Jossica Short, Hollie Russott, Nguc Cao, Katio Heggen, Thomas Allen, Coby Baccam.

spanish club

Front Row: Bro Carroll, Sammy Jones, Jackie Fudgo. Back Row: Jason Slight, Sponsor Linn Morris, Sponsor Sarah Vaughan, Kalloy Bowman, Sarah Son, Melissa Deerr, Lindsey Smith, Sharayah Devick, Shaylyn Toelle. Not Pictured: Ashley McMenaman, Rosa Brumfield.

japanese culture club

[illegible]: Chrissy Hauser. Row 2: [illegible] Phaviset, Christiua DeMoss, Carolyn Phongphachono, Nancy Nguyen, Seirra Smith, Pinda Thepkome, Morcedes Reynolds, Ashloy Nash. Row 3: Emily Brown, Miranda Cantrell, Holly Meysenhurng, Amanda Watkius, Heather Stilson, Megan Bailey, Julia Sigmund, Back Row: Jnan Iruegas, Matt Mendeuhall, Michael Davidson, Katie Woods, Thomas Allen, Sadie Woods, Samantha Halsten. Not Pictured: Raymond Harloss, Taylor Pettit, Andre Johnson, Mariah Glynn.

project sewing machine

Pic 1: Erica Rockey, Yosenia Alvarez, Maria Rodriguez, Lorrie Kingen. Pic 2: Alexis Aloxander, Antionao Brown, Rrittany Trigg, Choisey Mongar, Lara Worn, Esther Turay. Not Pictured: Khenndy Terrell, Liz Groh, Tiffany Robbins, Yuri Varges.

2

1

library aides

Front Row: Donald Stuart, Codric Danlison. Back Row: Corey Swisher, Androa Jordan-Hollins, Matthew Drew. Not Pictured: Roberto Raya, Keith Hunter, Caroiett Leyva.

art club

Chelsea Crone, Dante Terry, Missy Ulmer, Wondy Huchim, Yana Komiltseva, Giovanni Gonzalez. Not Pictured: Lesly Trejo, Doylo Buckner.

chess club

Front Row: Ryan Cam, Kurtis Leuang, Will Chatman, Dunlap Hall. Back Row: Drew Hurley, Arnold Sengsirivanh, Colby Luongvan, Jeremiah Deever, Cody Oliver, Reno Reynolds, Joel Reyes, Katie Hoggen, Adam Robinson, Jordan Henkle, Tyler Vry, Miranda Cantrell, Jeff Moore.

academic decathalon

Front Row: Sarah Son. Back Row: Naipong Vang, Kenny Cortum, Zoila Sarmiento, David Smith, Carolina Chavez.

mock trial

Coach Jennifer Medina, Katie Rockey, Konny Cortum, Micheal Carolus, Kyle Rowe, Tyler Vry. Not Pictured: Andre Johnson, Caleb Bunnell, Trevor Higgins.

IHSSA

Front Row: Shelby Jackson, Taylor Pottit, Noather Prottyman, Caci Young, Janet Reaza, Row 2: Brian Goheen, Jennifer Vong, Jessica Newberry, Sammy Jones, Megan Lein, Madison Williams, Konsio Channon, Tiffany Rattray, Shannissy Ceron, Jon Drake. Row 3: Tim Williams, Andre Johnson, Katie Woods, Micheal Davidson, Shelby Carr, LaRissa Connett, Cody Shepard, Joanna Peters, Jennifor Young, Jessica Schnoebelen, Rosie Cam. Back Row: Chauncy Skeffington, April Poland, Alli Stahr, Bobby Starace, Chris Williams, Naipong Vang, Dienna Langford, Karmen Buchanan, Alina McDaniel. Not Pictured: Alexis Alexander, Rachol Avant, Tyler Avant, Brenda Baccam, Megan Bailey, Mickey Brown, Phillip Boggs, Doyle Buckner, Breona Carroll, Emily Cook, Zach Downing, Jordan Duckworth, Sarah Fitzpatrick, Elizabeth Gailey, Ashley Gogerty, Miguel Guerrere, Rosalie Nenson, Chrisanne Heuser, Kelsey Kennedy, Desireo Kerber, Chelsea [illegible], Claudia Kyalangualiiwa, McKinzie Langorud, Michelle Lovett, Kyle Mechem, Josh Moreno, Caleigh Mormann, Kaleigh Nichols, Katie Price, Gillian Randall, Jacob Novak, Katie Rockey, Kyle Rowe, Peyton Rowe, Holly Russott, Megan Say, Sarah Sinopoli, Brittany Stilson, Dovin Waters, Brooke Wilson.

FCCLA

Evelin Andrado, Megan Bailey, Paige Blair, Taylor Bougher, Emalie Cipale, Jama Clayton, Melissa Craig, Ben Craighton, Diana Dominguez, Dominique Edwards, Skylar Funderburk, Levi Harrington, Coreo Nerman, Janelle Jackson, Erica Kellogg, Amber Knox, Jennifor Lopez, Maricela Lozano, Vanossa Marin, Miranda Mason, Casey McCartney, Bobby Page, Nick Page, Ravary Phavisot, Trista Sierre, Desareo Singleton, Shaylynn Teolle, E'Loxis Tolson, Crystal Walker, Megan Whitfield, Kaitlyn Worple.

organizations

voices of change/mimes

Front Row: Victeria Gama, Brittany VanDyke, Shardaino Manson, Ebony Cameron. Row 2: Chelsoa Davis, Veronica Shoafstall, Michello Lovett, Maria Sandoval-Garcia, Shronda Butts, Tyrao Komp, Micheal Careins, Shy-Londa Bumpus, Coroy Massey, Aaron Brown, Khennedy Terrell, Royan Johnson, Loinesha Warren. Back Row: Rodolfo Correa, Genare Mata, Andrew Brewer, Joffrey Blakeburn, Friday Chuol, Tiffanie Portor, Shanice Griffith, Jordan Wontland, Luis Saldana. Not Pictured: Jeromiah Harrington, Kylo Mochem, Deontayo Owens, Edward Perkins, Dovin Swackhamer.

sisters of success

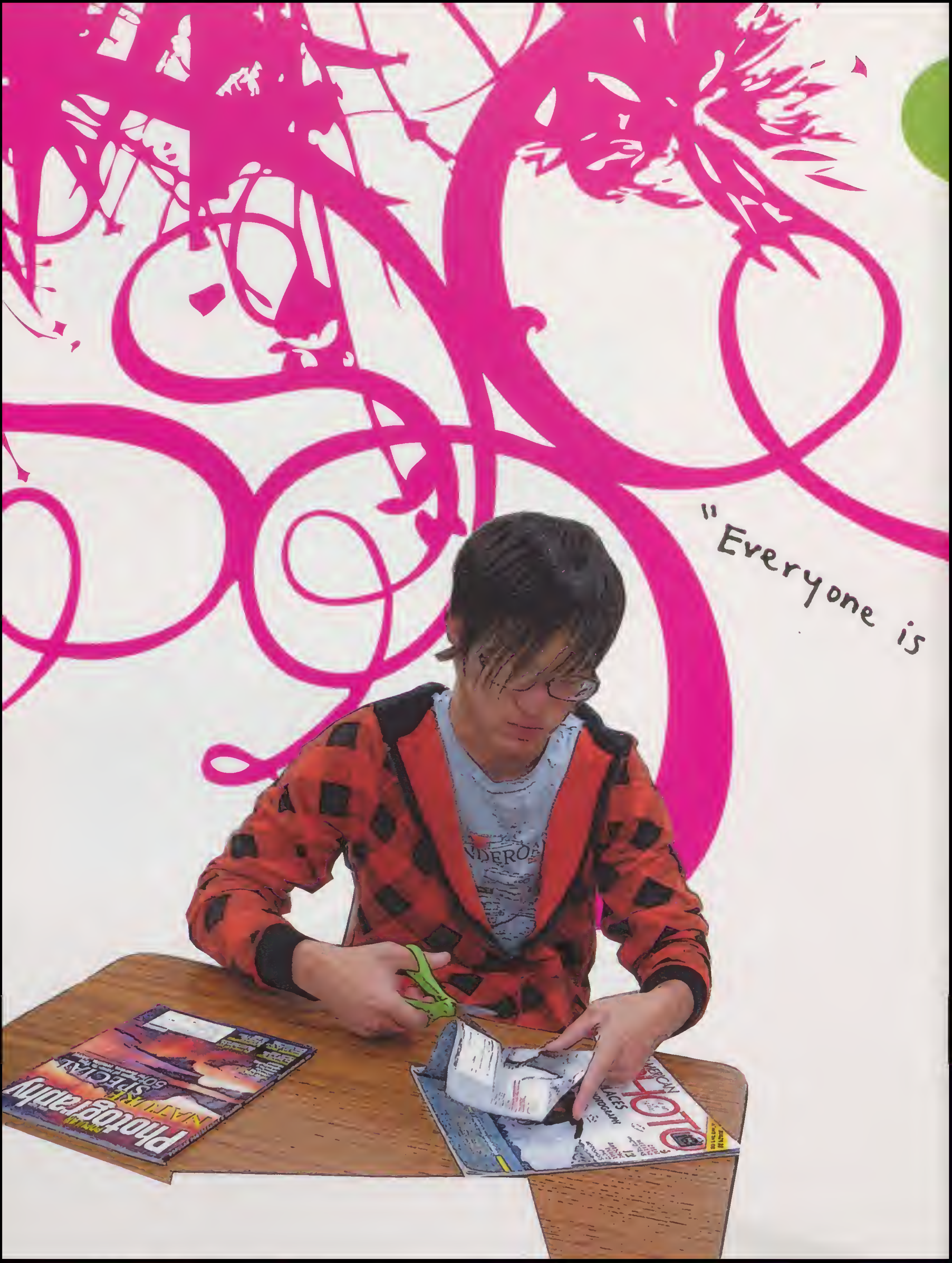
Front Row: Brittany Wagner. Row 2: Precious Moore, Shronda Butts, Briana Scroggins, Amanda Jackson, Jayanna Smith, Brianna Elgin. Row 3: Ebony Cameron, Chelsea Clay, Unique Grever, Markisha Wright, Friday Choul, Chante Buckner, Shy-Londa Bumpus, Montiquo Bumpus. Back Row: Joanna Jackson, Deja Greene, Raven Booker, Achienne Slothouber, Penny Leo Adams, Cherea Evans, Shamarea Hughes.

theater arts

Front Row: Rebocca Davidson, Amanda Jackson, Joanna Jackson, Andre Johnson, Jonathan Drake. Row 2: Melissa Morton, Dustin German, Michaol Schuler, Andrew Brower, Brittany Stilson, Deric Moats, Marvin Robinson, Roshawn Pipes. Back Row: Eric Michael. Not Pictured: Sammie Beal.

exchange students

Annika Schulz (Germany), Garba Munkaila (Nigeria), Yana Korniltseva (Russia).


Photography
NATURE SPECIAL
AMERICAN PHOTO

"Everyone is

Remember to Study

ignorant, only on different subjects."

-Will Rogers

enlightening the world

Story/Layout by: Ambrayana Jones

All the way up on the fourth floor, [illegible] Gooch art classes make the world a better place by sculpting, painting, and drawing freely.

According to senior **Christina DeMoss** they are able to express their personality and put their feelings into their art projects.

Students like junior [illegible] pick a project and bring them to life. Duckworth and others chose to paint a pair of their shoes for a project.

The students are also able to work independently at their own pace.

With one room for students to draw and another for students to sculpt, Gooch has created the "perfect" artistic atmosphere.

For a part of the class, the students were able to go to the other part of the art room and sculpt 3D, detailed native masks for a project.

Duckworth said that this was one of the more interesting projects they were able to do this year.

The students in the class enjoy how the class is ran and say that it is not like any other class in the school.

Gooch gives the students several opportunities to do events. They were able to go to Omaha, Nebraska and visit paintings by Diego Rivera along with [illegible] Spanish class on November 5th.

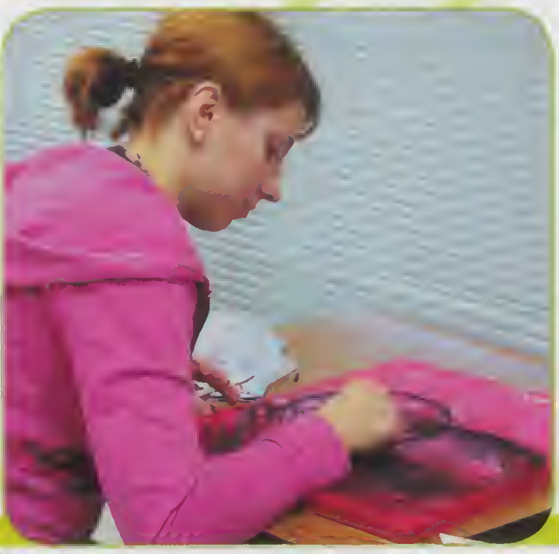
"There's a lot of opportunities and it's great for people wanting to join," said senior [illegible].

The students also enjoy the hands on activities of the class and come back every year to learn something new that will help them advance in their studies.

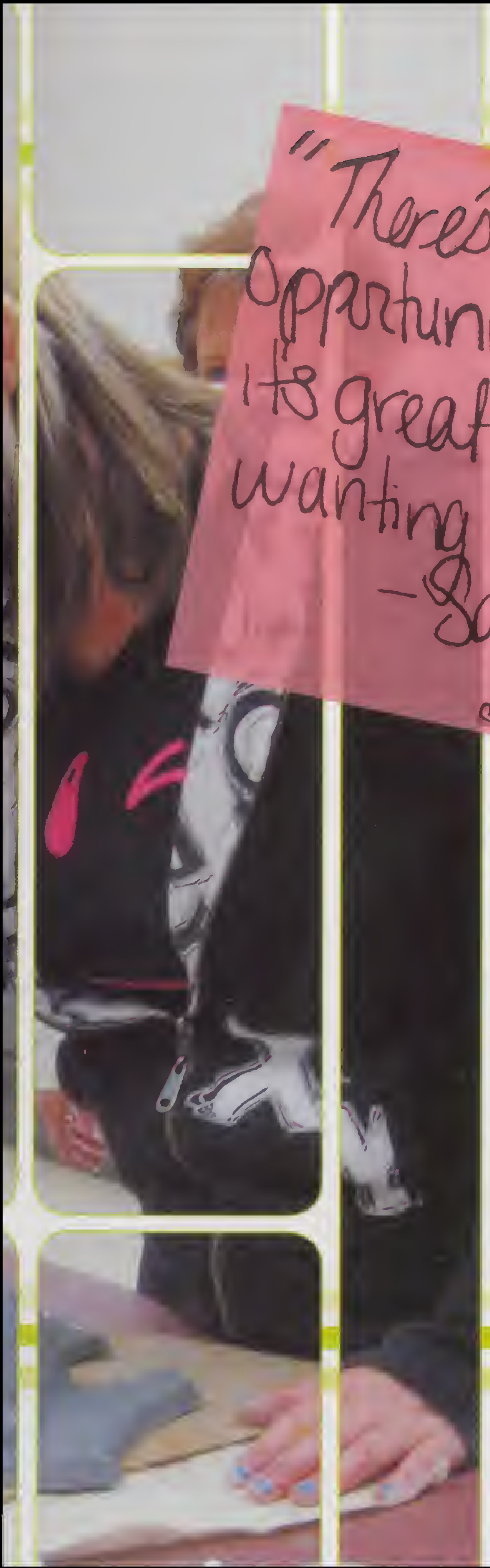
DeMoss said that this experience has made her come back every year and she has been involved in the art program since 9th grade.

Many of the students believe that others should sign up and join the class even if it is just for the experience.

During each semester some students relax and paint portraits. Students are able to work on canvases to enhance their artistic ability.

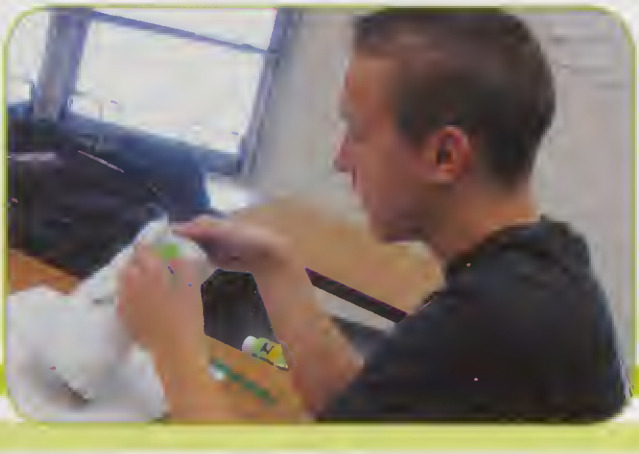


Students work on their native masks in class. The students sculpted them and made them look as real as possible.



"There's a lot of opportunities and it's great for people wanting to join"
-Samantha Bosch (12)

Several students work to meet their deadlines, below. They go to different rooms depending on their assignment.



on the other hand, Jordan Duckworth (11) works on his shoe project. Students painted their shoes and created a new style.

Obi Wan now i'm the master

Story/Layout by LaRissa Connett

IHSSA senior Chris Williams warns on lookers, "For our audience's attention, no *Star Wars* fans were harmed during the creation of this choral reading".

As Williams and his fellow *Star Wars* crew take the stage, the audience is unaware of the visual amazement that is in store for them in East's spoof on George Lucas' masterwork, *Star Wars*.

"Yeah sure, some may call us geeks, but we don't think anything of our high-end choreographed light saber fights. We get a great response from our audience", said senior Joanna Peters.

Every year dozens of competitive drama groups from East's chapter of the Iowa High School Speech Association compete in districts and state competitions in order to get the honor of performing at All State which is held every year at Iowa State University.

"It's the ultimate level of success," said coach Ginger Johnson.

According to Johnson the choral reading group practiced twice a week from November to January and took their high energy performance of *Star Wars* from districts all the way to all state, earning straight divison I ratings.

"I'm very proud of the group for sticking it out and accepting the script, because not all of the students were fans of *Star Wars* and were hard to convince at first," said Johnson.

Williams along with his brother, sophomore Tim Williams convinced Johnson to adapt the *Star Wars* theme to their choral reading this year to add a different angle to their performance.

"No one else had elaborate visual effects and we were really energetic on stage," said Peters.

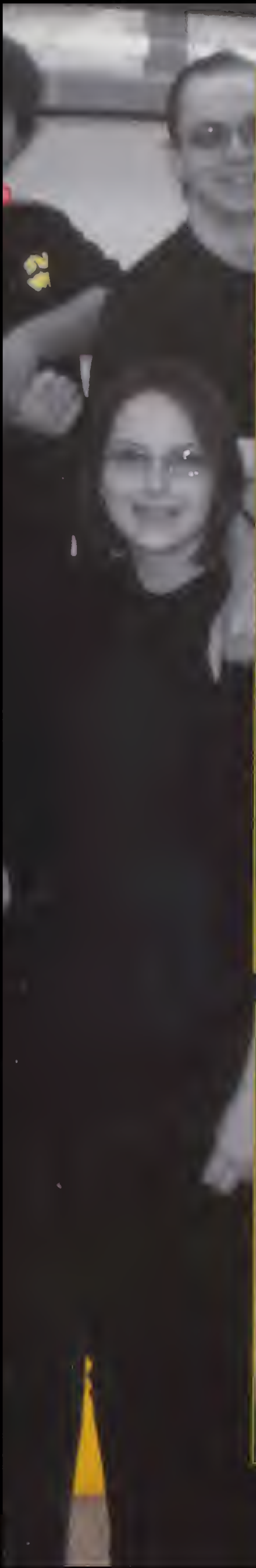
Williams and Johnson agreed that the Star Wars spoof left most of their audience wanting more.

"We had a lot of talk surfacing at the competitions about us. People from other schools and districts asked us when and where we were performing...we always had a large audience," said Williams.

Most of the thirteen member cast are current graduating seniors. According to Peters, making it to All State was a great way to end her IHSSA career.

"We had fun, and gave our hearts to this script and won the hearts of our audience," said Peters.

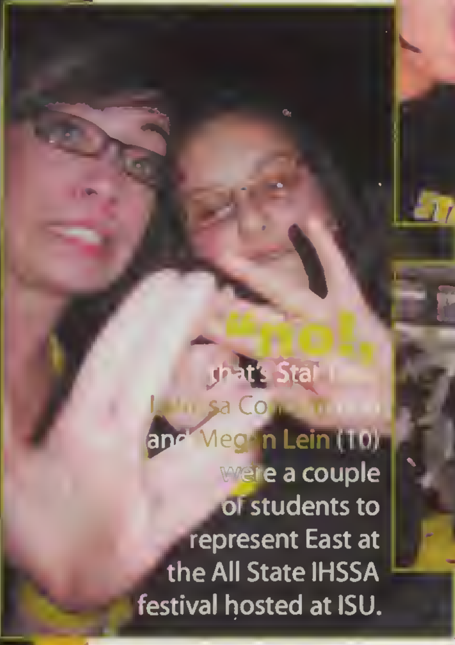
STAR WARS
STAR



chauncy [illegible]keffington (12) focuses on practicing to compete in the state competition at Valley . The students in the Star Wars choral reading had pre-practicing warm-ups to get "fired-up".

they don't believe in being serious as [illegible] Gogerty (12) relaxes after performing at All State in early February.

rewarding Megan Lein (10), [illegible]heal Davidson (12), [illegible]ms (10), and [illegible]eters (12) gather together after a long day of anticipation and drama at the All State festival



"no!, that's Star [illegible] [illegible]sa Con[illegible] and Megan Lein (10) were a couple of students to represent East at the All State IHSSA festival hosted at ISU.

the group practices their spoof on Star Wars before competing at state. Joh[illegible] said that the students put in long hours of practicing.

"Do not miss class."
-Carolina Aguilar (12)

taking notes is important to pass a class. Students in biotech write down everything they observe.

Sciences
cation

in a biotech class, these students observe different bacteria samples. They must be able to identify different types.

Karen Rodriguez (12) looks through a microscope and tries to figure out what a bacteria is. The students must have a keen eye and be careful not to miss anything .

discovering the unknown

Story/Layout by: Ambrayana Jones

Each day [illegible] walks into her classroom ready to teach yet another class. As she begins to settle in, she is startled by the new arrival of students that are rushing in, attempting to make it before the bell. Her students file in, find their seats, and wait to see what new bacteria they will be experimenting with that day.

Students in 9th-12th grade are given the opportunity to take biology, earth science, and biotech.

Several students in Cain's biotech class said that the class is intriguing and worth being there.

Senior [illegible] said, "It really helped everyone to learn to study on their own and actually study for a test. We really don't get homework, because most of the class is based on lab work, so it's important to study."

The work the students are given in the class is complicated; but they are able to work in partners and Cain is always available to help.

Junior [illegible] said that he enjoyed working with the different bacteria and would recommend biotech to any other students looking for an "intriguing" class.

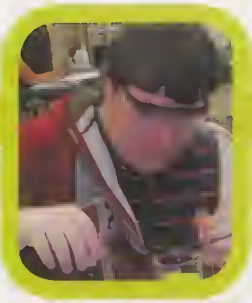
Punctuality is the key to success in any class and tardiness is not advised. Aguilar commented on how being in class is important, not just so one doesn't get in trouble, but for their own sack.

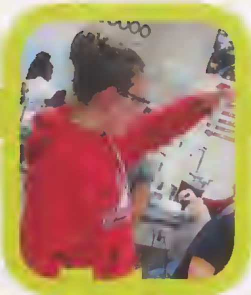
"Do not miss class!" said Aguilar.

She said that it is wise to always be at school and that this is one class one cannot afford to miss.

While the students in biotech experiment with bacteria, students in earth science and biology learn more about the earth and the environment.

Besides being able to get help from teachers before school, the entire science department decided to have an open science tutoring session on particular days after school for students that needed extra help with any homework.





mixing it up a little bit

Story/Layout by: Kaitlyn Carpenter

Sophomore Sarah Sinopoli walked slowly into chemistry class. Everyone had told her that it was going to be absolutely awful and that it would take a miracle for her to pass the class. She hoped that they were wrong.

"It's wasn't that bad actually. I did pretty well in the class and I was really proud of myself. I thought it was going to be harder," said Sinopoli.

Other students besides Sinopoli thought that chemistry wasn't as bad as everyone thought it up to be. Some students actually enjoyed it. Students got the chance to do fun experiments and learn about how the world is made and what it consists of.

"I liked doing the labs. My favorite was during the chemical and physical changes and we used crystals," said junior Seth Hinshaw.

Some students may have had fun during their chemistry class, but there were some bad parts about the class too.

Junior Matt Steward said that chemistry was a difficult class because there was so much work that you had to do in order to do well in the class.

Although it was a tough class for some students, they were lucky enough to have teachers that helped them as best they could.

"I tried to go at the students' pace and not the book's or district's pace," said chemistry teacher Maureen Griffin, "I used demonstrations, labs and my magical whiteboards to help students understand chemistry."

"I tried to give real world examples to explain the abstract concepts. I talked about cooking and recipes since cooking is a chemical reaction," said chemistry teacher Annette Bierkamp.

Many of the students agree that the class may be difficult some of the time, but their teachers really help them through it and teach the material well.

"Ms. Griffin was a great teacher, I learned a lot and she helped me during the labs if I was having trouble," said sophomore Ashley Prettyman.

But chemistry was not the only hard science class students had to take. Many of the freshmen had to take physics which has been known to not be easy.

"The class was kind of hard and challenging for me," said sophomore LJ Putzier.

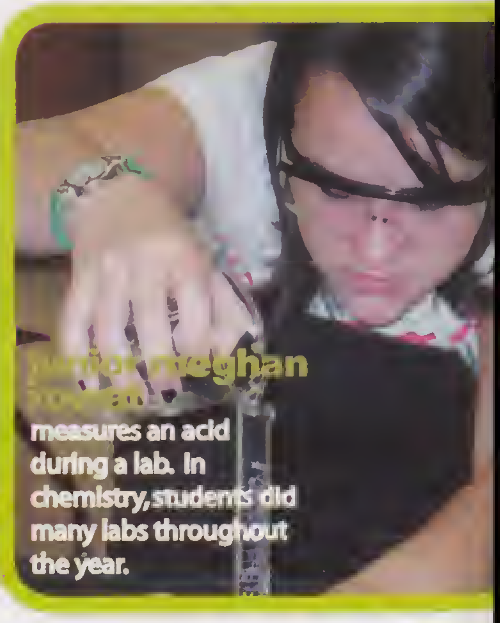
But some freshman thought that the class was not very hard.

Freshman Riley Fisher said that the class wasn't that bad and it got easier throughout the year. She said for a science class, it was kind of fun and better than she thought it was going to be.

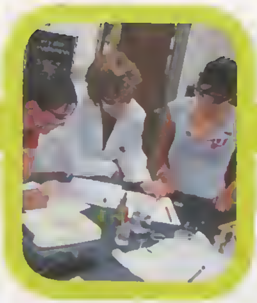
"It was really fun learning about how gravity affects us in our everyday lives," said Fisher.

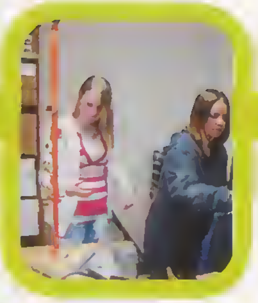
Although physics was a semi-hard science class for the freshman, they knew that it would help them with their science classes next year.

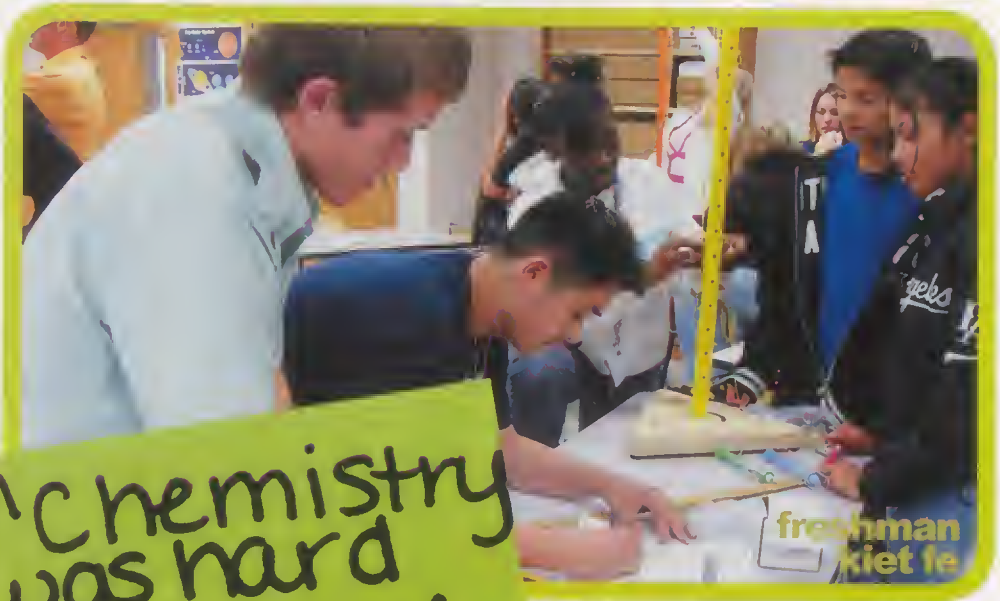
"I think physics will prepare me for next year when I have to take chemistry," said Fisher.



junior meghan [illegible] measures an acid during a lab. In chemistry, students did many labs throughout the year.



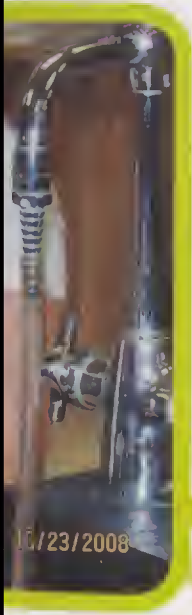




freshman kiet le writes down his results during a pulley lab . Like chemistry, physics did many hands-on activities.

"Chemistry was hard because of all the work you had to do."

Matthew Steward
Grade 11



sophomore ashley prettyman and junior esther burgett work together during a lab. Students learned the value of teamwork during labs.

takin' care of business

story / layout by : Brittany [illegible]

"The business, minus the business suit." When you think of business, you generally think of spiffy dressed men and women in suits. Although it may seem like a small and straightforward subject, it has many different areas and aspects.

The business curriculum is divided into two types of classes: the general business classes and the computer applications classes. The classes that fall within these categories are: intro to business careers, keyboarding, general business, word processing, computer applications I and II, web design, personal finance, business law, and micro/macro economics.

At East and the Walker building, business classes are taught by six teachers: Burgess, El-Baroudi, Lounsberry, Crawford, Ryan, and Phaydavong.

"When I took a business class we learned how to balance our check books and it's pretty much just an intro to adult living and accounting," said senior Jaymee Ryan.

Out of the six business teachers, five of them have full computer labs. The exception is El-Baroudi because he teaches micro/macro economics which is a more hands on class.

In micro/macro economics, students sell East High themed products and apparel as if running a real business. This teaches the students how to sell their products at the right prices so they can pay off their bills while still making a profit.

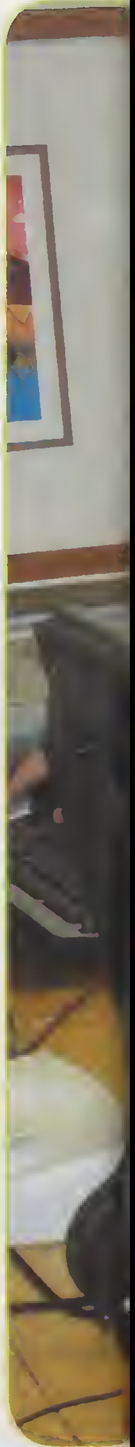
"I learned about merging, pricing, and all the important behind the scenes things that I would have never known without taking this class," said senior Nicole Wilford.

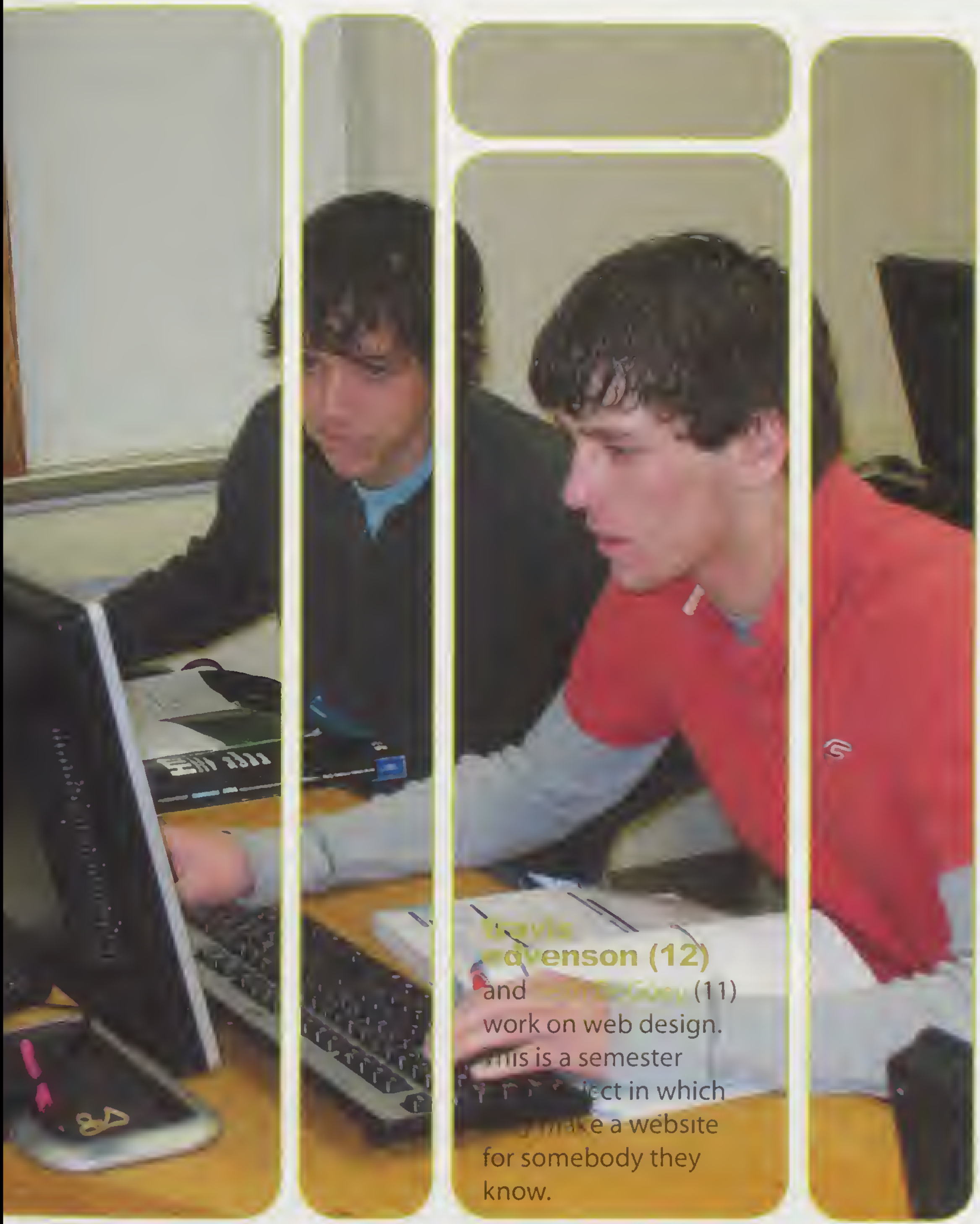
Some of the business classes offer dual credit which means students also get college credit from DMACC. These classes include desktop publishing, powerpoint & multimedia, accounting 1-2, accounting 3-4, and word processing.

Another perk of taking part in a computer class is working on the East High web page. This website helps keep everyone updated with what is happening at East and is a useful resource tool for parents and students. Whether taking a general business class or a computer class, some sort of business experience is necessary to acquire skills on the computer and understand the role business plays in our lives."

to lower or not to lower?

The vice presidents of an economics class discuss whether or not they should lower the price of their shirts to better sales.



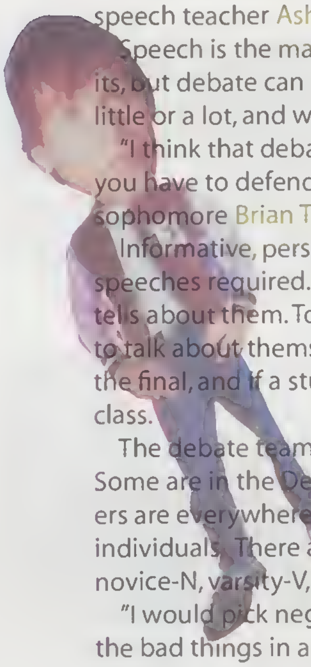


travis edvenson (12) and [illegible] (11) work on web design. This is a semester project in which they make a website for somebody they know.

students in Burgess' accounting class work on their assignments. Book assignments are given and students use the book and computer to complete them.

speak up speak out

Story/Layout By: Nadia Tyler



"Ask not what your country can do for you-ask what you can do for your country." –John . Kennedy.

Great speakers throughout history have taken speech or debate as high school students and the skills learned are used every day.

Speech and debate are both important when learning how to communicate with others effectively and becoming a better persuasive speaker. It also helps students learn how to speak in front of peers when they are needed to present something to other classes.

"Speech is a good class to take, because you'll use it in life no matter what. It helps you communicate clearly and effectively with others," said speech teacher Ashley Schryver.

Speech is the main speaking class that is required for graduating credits, but debate can also take its place. Either way, you have to research a little or a lot, and write it down.

"I think that debate is harder than speech to a certain degree. In debate you have to defend and attack, in speech you don't really have to," said sophomore Brian Terrel.

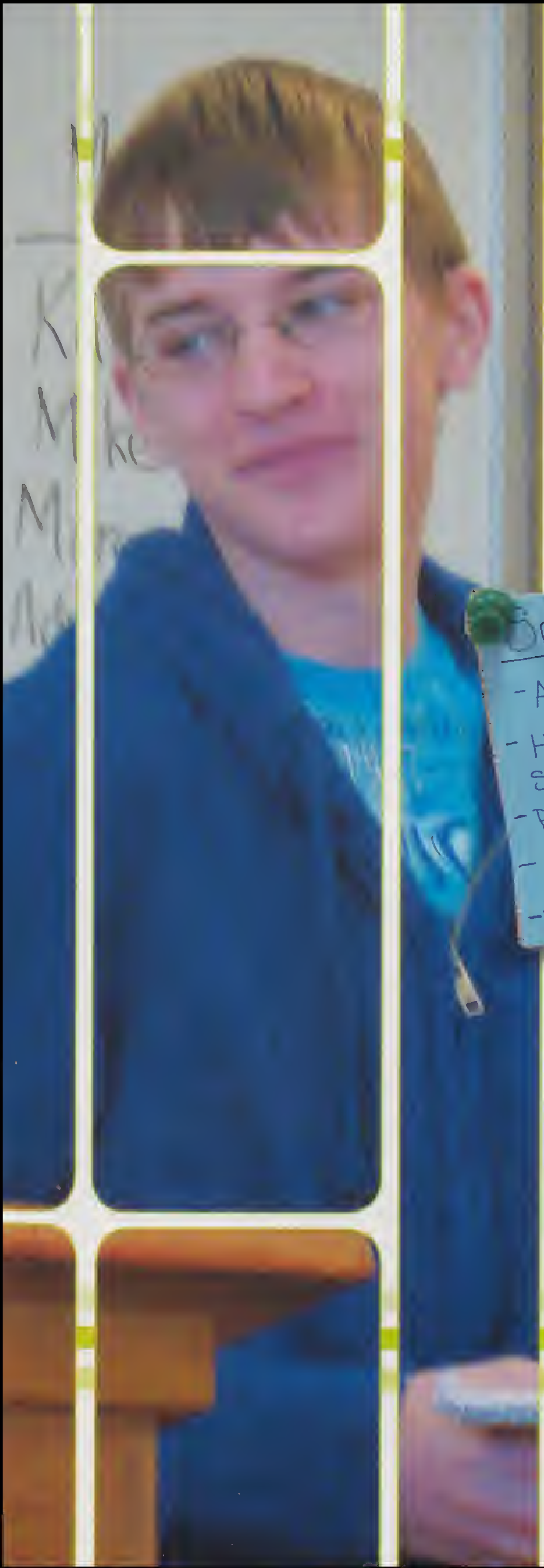
Informative, persuasive, and demonstrative are different types of speeches required. The first speech every teacher gives out the student tells about them. To most people this speech is the best, because they get to talk about themselves. There are 10 speeches all together, including the final, and if a student doesn't do all of them they automatically fail the class.

The debate team travels around Iowa to have debate tournaments. Some are in the Des Moines region (Des Moines Public Schools), others are everywhere else. There's a large group, large group all-state, and individuals. There are also a lot of events offered at the tournaments, like novice-N, varsity-V, or central Iowa debate league-C.

"I would pick negative over affirmative, because anybody can point out the bad things in a situation. It's really fun though being on the debate team, but it also can be stressful. But in the end the stress pays off," said sophomore Katie Rockey.

in speech class

Brianna Robinson (12) talks to the class about her "about me" speech. Another speech is a puppet show where students disguised themselves as puppets.



while debating, Tiffany Rattray (10) stands in front of her debate class. Debate can be substituted for speech credit.

Speech To Do's

- About Me
- Human Interest Story
- Procedures & rules
- Humanitarian
- Favorite Movie
- Invention
- Puppet Show
- Persuasion
- Different generation
- Newscast (final)

*Speeches vary from teacher to teacher

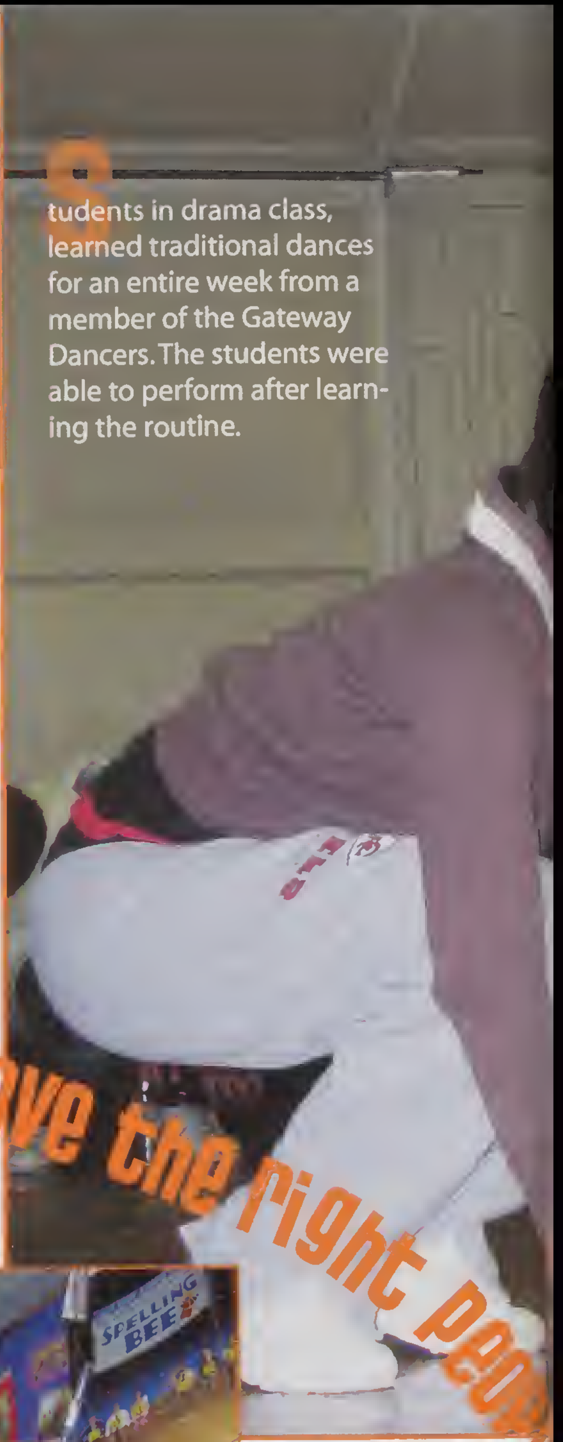
he said
he said

{10} Phillip Stewart

It's fun and it's a way to wake me up in the morning, fo' shizzle!!

{11} Jordan Duckworth

Drama is a good time. We get to joke around and have fun.



Students in drama class, learned traditional dances for an entire week from a member of the Gateway Dancers. The students were able to perform after learning the routine.

it's fun when you have the right people

Royan Johnson (11) waits patiently for his mask to be painted on. The students were preparing for a perfomance they had later that day.

To act or not to act!!

junior Christian Pouquet

Words don't always say everything. In drama, actions do most of the talking. In class, Ruth Ann Gaines teaches sophomores, juniors, and seniors the dos, don'ts, and in-betweens of drama.

Students don't just learn to work the stage and perform, they learn to practice on their own time and do their best.

Sophomore Shamarea Hughes said, "We had to learn our scripts and work hard."

Senior Shaunice Griffith added that their performance was their grade. They were required to bring their "A" game, in order to receive the grade.

The students worked individually at times, but they also had to learn to work as a team. Students said that teamwork played a huge part in their success in the class. Students like Griffith said that the class was easy but became difficult when people chose not to participate.

Outside of these four walls, students were given the opportunity to go to Roosevelt High School and perform.

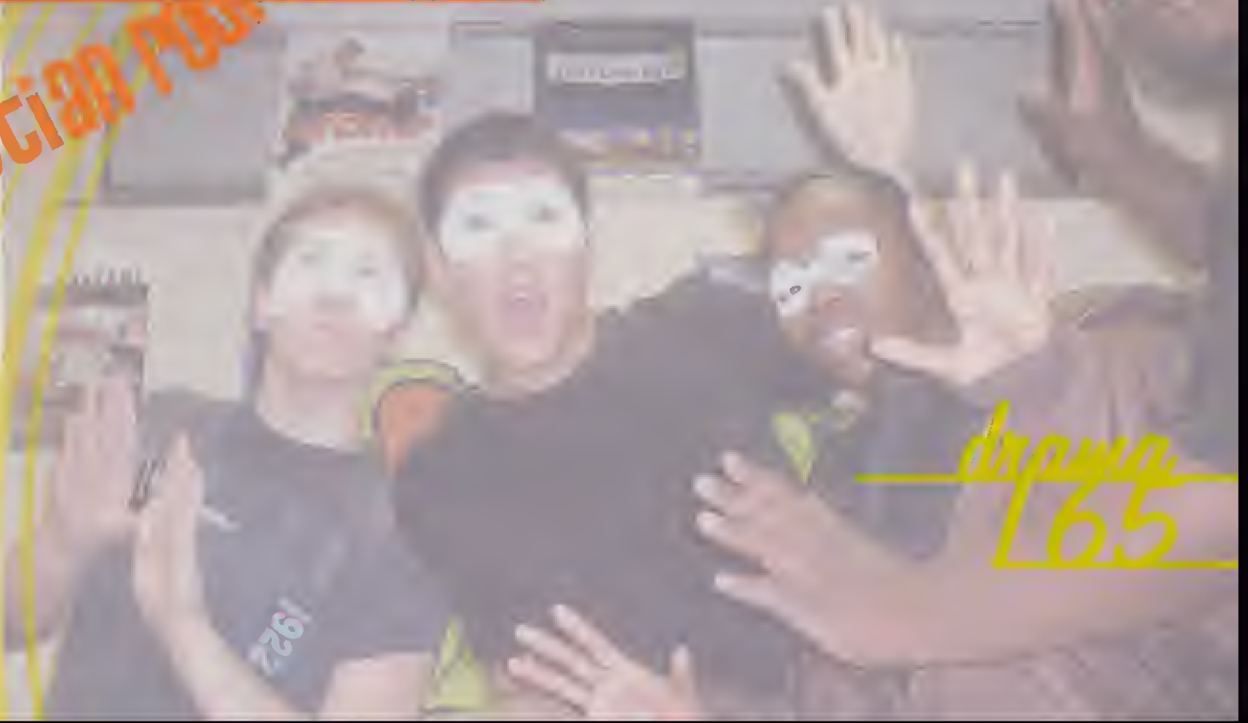
The students were also able to be involved in a group called Voices of Change, which takes place during fifth hour.

The group was started in 1995 because of racial prejudices and issues that were taking place and made the news. Gaines helped start this group and since then they have been making a tremendous effort at informing people of the effects of racism.

Gaines said, "I won the teacher of the year award a few years back and was able to takes this group around and since they have been able to perform in different places like Kansas, Nebraska, Wisconsin, and Missouri. We we've been recognized by people such as former president Bill Clinton."

The Voices of Change group has won several awards. They have won the Iowa Civil Rights Award and have been cited for excellence.

Students like Hughes said that drama helps them to get out of their comfort zone and helps shy people be more confident.



clearer view of english

Story/Layout by: Kyle Omundson

New technology is always helpful for teaching students and getting them involved in learning. This year the English department was introduced to Elmo and InFocus machines. A new computer lab was also added to benefit students.

A lot of technology and money is directed toward math and science today, according to teacher **Eric Hunter.**

"Finally, the English teachers got some new technology. The arts and humanities should be seen as an equal importance in school for a well-rounded education," said Hunter.

Both the Elmo and InFocus machines were used to display worksheets and electronic programs.

Students found the Elmo machine helpful to learn different writing styles and see how others are writing.

"We can see our other classmates' papers," said junior **Kase Heuermann**.

The Elmo machine was also used to project pages of a book so the students could have an easier time taking notes. The machine also made going through the materials with the teacher easier.

"It was more interesting than just reading a book," said junior **Rosie Cam**. "The whole class could read and see notes. Everyone could participate and it was much easier to learn."

"It's easier to understand more when we use them," said junior **Carmen Carrasco**.

"Every classroom in the school should have an Elmo and InFocus machine," said Hunter. "They are the black chalkboard tools of today."

Cam said that the new equipment got everyone involved and eager to learn. Students had more control of their class.

A new computer lab was located on the third floor of the main building. The computers had internet capabilities that allowed the students to research for papers and other projects.

Teacher **Ginger Johnson** did not believe that the library was enough for students to rely on for typing papers and working on research.

"There just was not enough technology before this year to use in this large of a school," said Johnson.

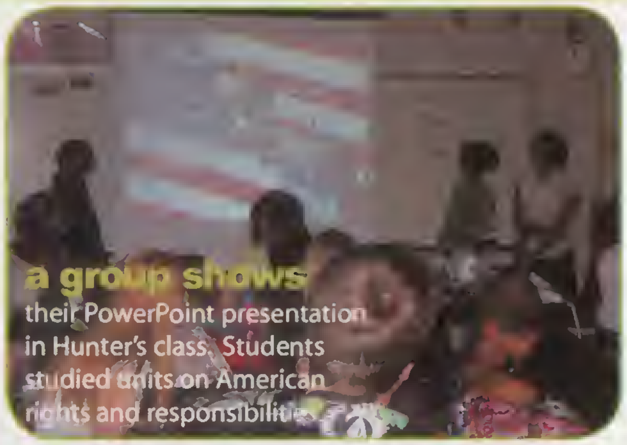
According to vice principal **Kathy Clausen**, part of the Smaller Learning Community Grant was used to pay for the new computer lab.

Students used the lab to sign up and work in online classes to make up credits to graduate.

Clausen hopes to add more computers for students to use for English classes by next year.

new technology is beneficial to the education of students. The new Elmo machine is user- friendly, not requiring transparent sheets.

juniors Tyler Vry, Amanda Schibner and Sarah Son research for their PowerPoint presentation. New technology allows students to do more group projects.

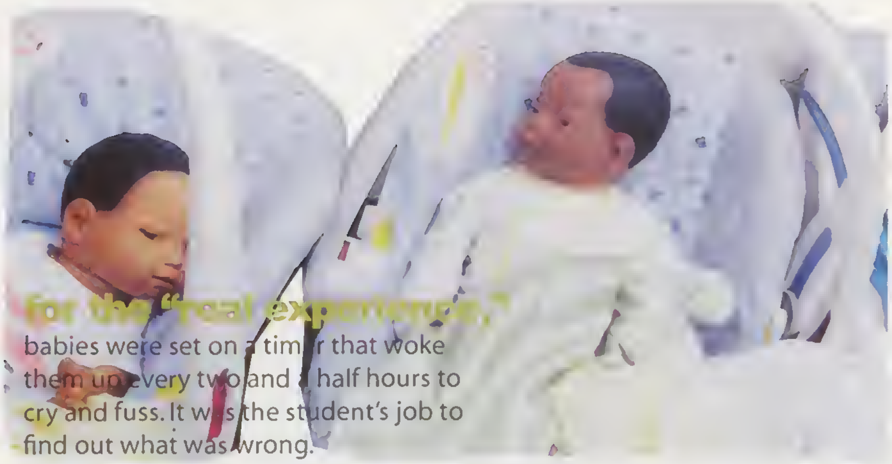


a group shows their PowerPoint presentation in Hunter's class. Students studied units on American rights and responsibilities.

a thesis-support argument seems to be no problem for **Alina [illegible]** (10) in Mr. Kelly's speech class.

-Vocab. quiz Wednesday.
-Book report due Thursday.

Read Chapters 3 & 4 of Huckleberry Finn for Friday.
-Answer questions.
-Test Friday.



for the "real experience," babies were set on a timer that woke them up every two and a half hours to cry and fuss. It was the student's job to find out what was wrong.

they grow up so fast

Story/Layout by: Layla Schwartztrauber

For junior [redacted] taking Parenting was more than just an elective.

"I decided to take this class because I want to be a mom one day and I think it's important to know about the process." .

For students attending Donna Adam's classes, they learn many things such as the pregnancy process, the birthing unit, how to care for babies, and how to keep young children safe.

Many people taking her classes have plans on having children one day. Some of her students even went as far as taking home a digital baby for extra credit.

"I decided to take one home because I want to have a baby one day and I was curious as to what it was like," said Senior [redacted]. "It didn't change my mind but it definitely helped my decision to wait until I was much older."

The digital baby was designed to cry, fuss, and whine every two and a half hours. Once the baby is crying it is the student's job to find a way to make it stop whether it is hungry, needs a diaper change, or is just crying.

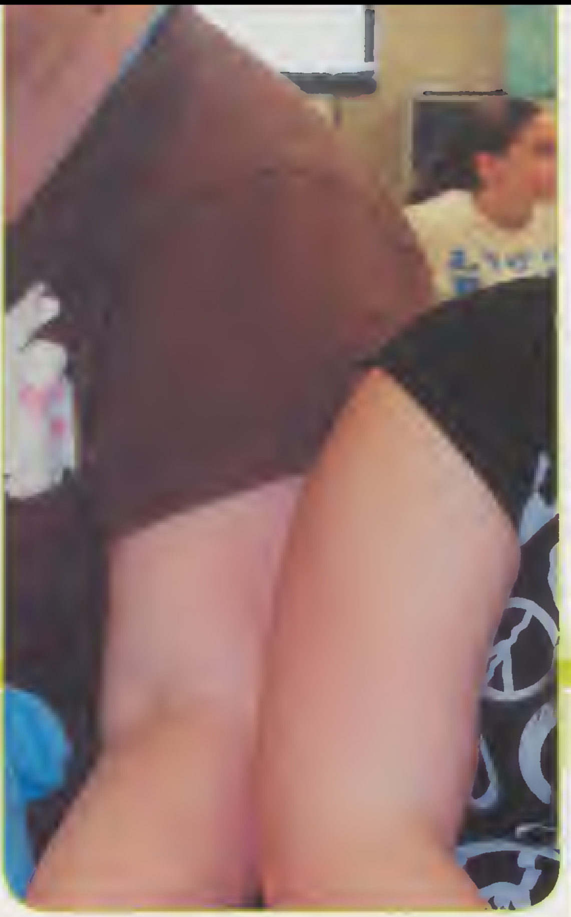
Morton said, "It woke me up in the middle of the night a few times but it wasn't that big of a deal."

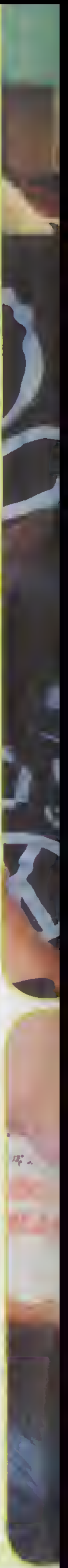
The students were assigned other projects less risky such as taking home a potato baby, or a flour baby.

"I had to carry it around for an entire week and to all of my classes, other than the fact that it didn't cry or wet itself, it was just like a real baby, including its weight," said senior [redacted].

Many people taking the classes agreed that it is fun to learn how babies develop and turn into toddlers, then kids, then teenagers.

"I think that learning about kids is really fun. We watched a lot of movies, and did a lot of hands on activities and at the same time we were learning a lot," said Tappen.





like a mother, Megan Whitfi[illegible] the diaper of a mecha[illegible] Afterwords she checke[illegible] it was hungry or [illegible]

helping little kids, [illegible] works on her five part preschooler activity packet. The packet was later donated to a day care.

"I decided to take this class because I want to be a mom one day." - Molly Hinman

Things to

- 4am-check baby
- 5am-feed baby
- 6am-change baby

fcs/ growth & development

good house keeping approved

Story/Layout by Madison Kasper

Have you ever been walking down the hallway and suddenly a delicious smell overcomes you and you immediately become hungry, or maybe you see high fashion designs and get a new idea for your wardrobe, or maybe even see students creating high fashion clothing?

"I really enjoy the FCS classes, I've taken sewing and cooking, they're both really fun," said junior Jessica Lippold.

Many students enjoy taking foods. They not only learn how to make a variety of foods, but also learn how to eat healthy while still eating all the things you crave.

"I like taking foods, what's better than being in school and still getting to make good food?" said junior Peter Ly.

Fashion class concentrates on showing how fashion has changed and stayed the same. Many fashion styles have come back from the 70's and 80's and fashion class does a good job on showing how the old hot styles can still be used today for the new vintage look that's really in.

Fashion class also teaches students what colors look good for their skin type and how to mix and match different colors.

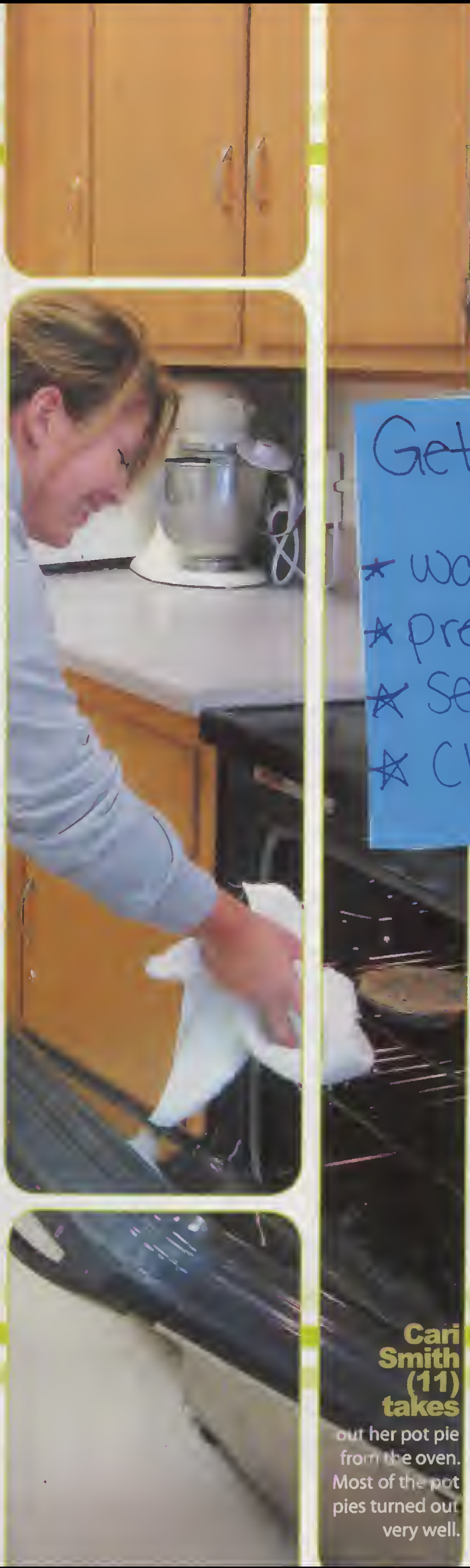
Many students enjoy taking sewing because they can use their sense of style to make something that fits them. There are different levels of sewing: beginners start at sewing, and later they can take sewing 2 and advanced sewing.

"I took sewing 1 and 2 my sophomore year and then I took advanced sewing this year. It's more difficult, but I like the challenge," said junior Chelsy Mongar.

In sewing 1 students learn the basics of sewing: they sew things to teach them how to work the machine and also learn sewing terms that are helpful when sewing. Advanced sewing classes are able to pick and choose what they would like to sew. Advanced sewing projects are normally more difficult than what someone in sewing 1 would sew.

"At first I was just taking sewing because I needed to fill my schedule, but I grew too really like it," said senior Jocelyn Perkins.

Carly Wieczorek (11) sews different pieces of fabric together. She is working on a cheetah print quilt.



Cari Smith (11) takes out her pot pie from the oven. Most of the pot pies turned out very well.

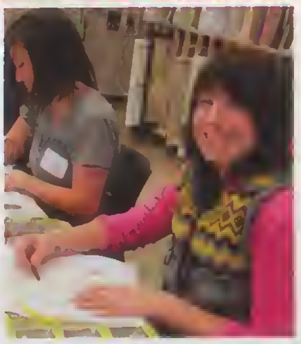
"I like taking advanced Sewing it's more difficult and I like the challeng," said junior Chelsy Mongar.

Get Prepared to COOK!
- ★ wash your hands!
- ★ preheat Oven!
- ★ Set timer!
- ★ Clean area!

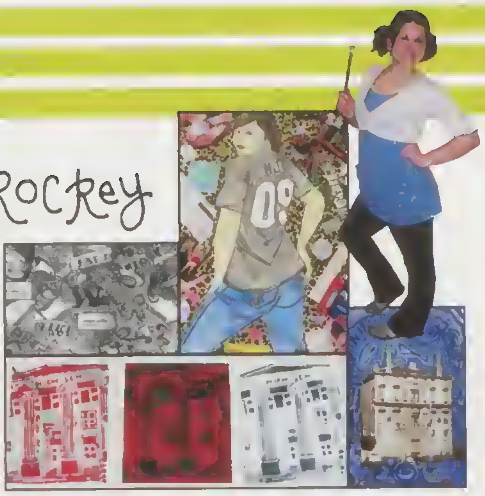
Tina Woods (11) mixes the ingredients for her pot pie. The inside was filled with healthy vegetables.

Kaci Young (10) top stiches her po dot handle. She is making a bag.

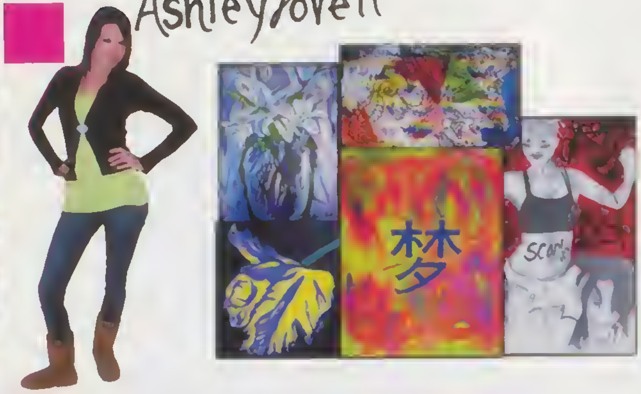
fcs/ practical skills



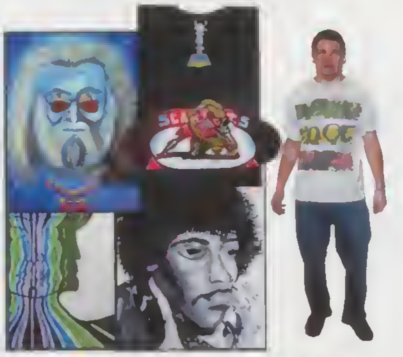
Erica Rockey



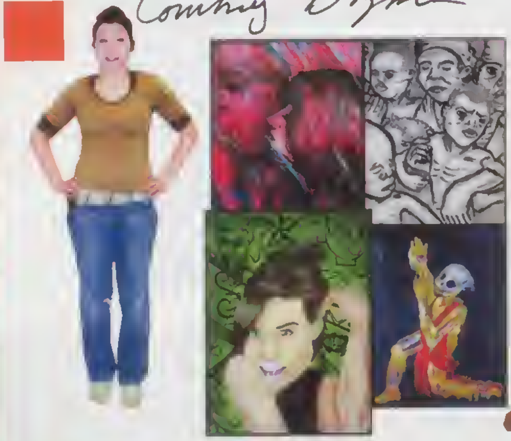
Ashley Lovell



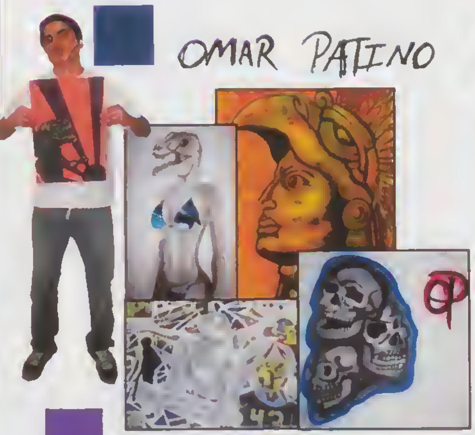
Chris Sullivan



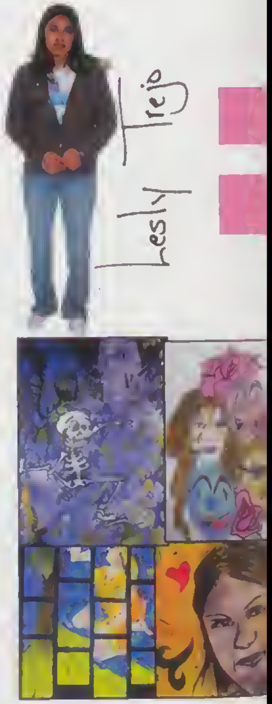
Courtney Byrne



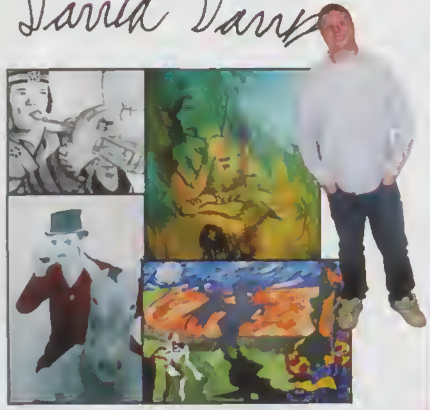
OMAR PATINO



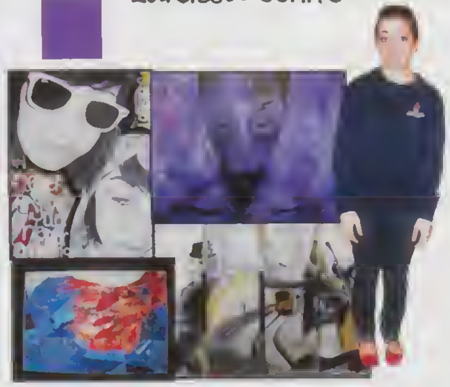
Lesly Trejo



David Davi

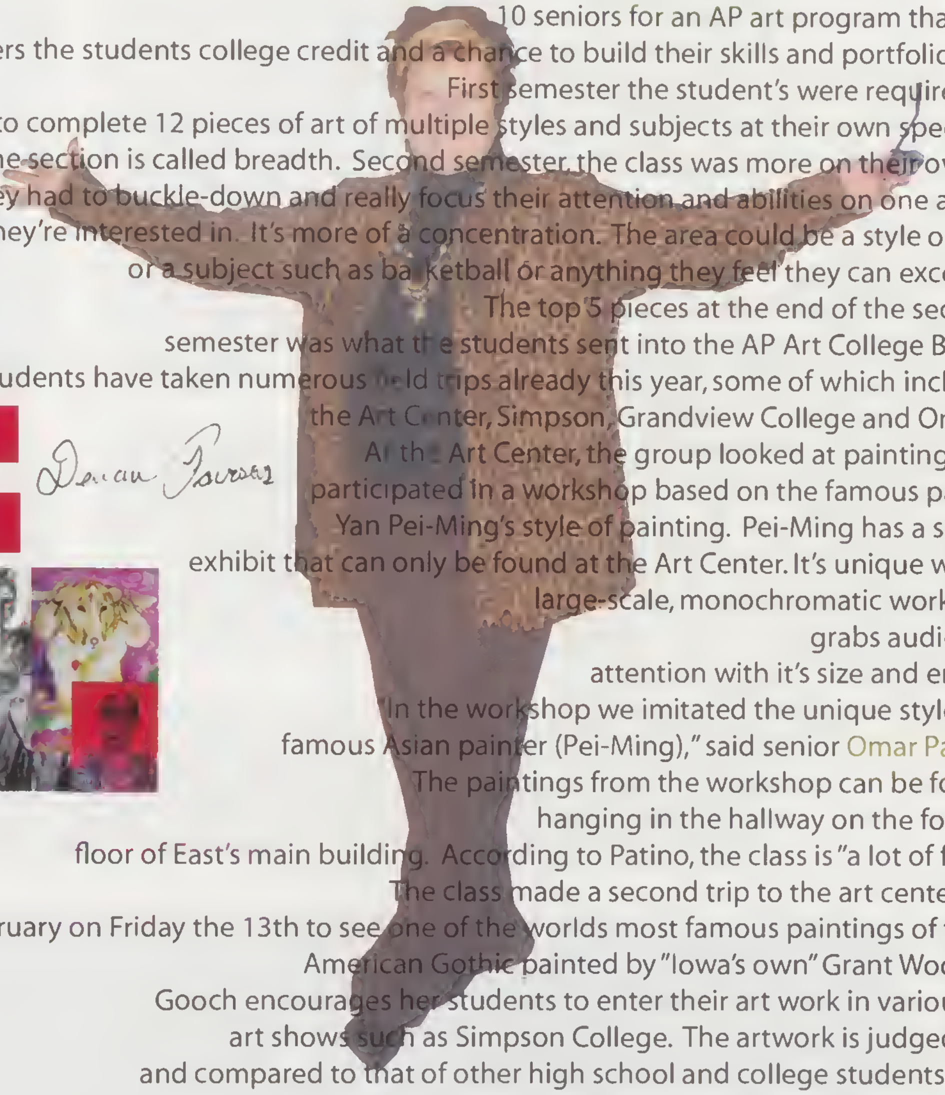


LaRissa Connett



Paint It your way

Layout By: Ashley Lovell Story by: Caitlin Schuler



"Most art teachers will tell you how to do something or show you how to do something," said senior LaRissa Connett. "Mrs. Gooch is a good teacher because she doesn't do that. She lets you work at your own pace and everything we create is truly our own."

Art teacher Shirley Gooch has taken on 10 seniors for an AP art program that offers the students college credit and a chance to build their skills and portfolios.

First semester the student's were required to complete 12 pieces of art of multiple styles and subjects at their own speed, which the section is called breadth. Second semester, the class was more on their own. They had to buckle-down and really focus their attention and abilities on one area that they're interested in. It's more of a concentration. The area could be a style of art or a subject such as basketball or anything they feel they can excel in.

The top 5 pieces at the end of the second semester was what the students sent into the AP Art College Board.

The students have taken numerous field trips already this year, some of which included the Art Center, Simpson, Grandview College and Omaha.

At the Art Center, the group looked at paintings and participated in a workshop based on the famous painter Yan Pei-Ming's style of painting. Pei-Ming has a special exhibit that can only be found at the Art Center. It's unique with its large-scale, monochromatic works that grabs audience's attention with it's size and energy.

"In the workshop we imitated the unique style of a famous Asian painter (Pei-Ming)," said senior Omar Patino.

The paintings from the workshop can be found hanging in the hallway on the fourth floor of East's main building. According to Patino, the class is "a lot of fun."

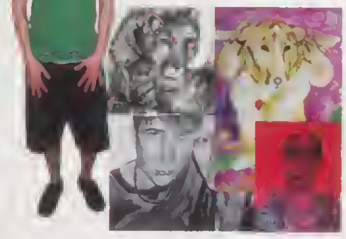
The class made a second trip to the art center in February on Friday the 13th to see one of the worlds most famous paintings of the American Gothic painted by "Iowa's own" Grant Wood.

Gooch encourages her students to enter their art work in various art shows such as Simpson College. The artwork is judged and compared to that of other high school and college students.

"I really want to get my students' art out there and get them involved," said Gooch.

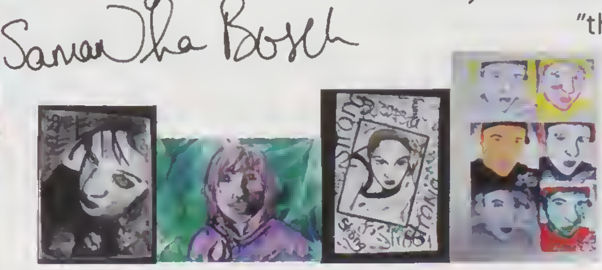
To be a member of the AP art class you need to have taken art in previous years, be interested in pursuing it, or have a portfolio for Gooch to look over.

"I'm really excited for my students," said Gooch, "they're working very hard."



Devan Faurot

SamanTha Bosch



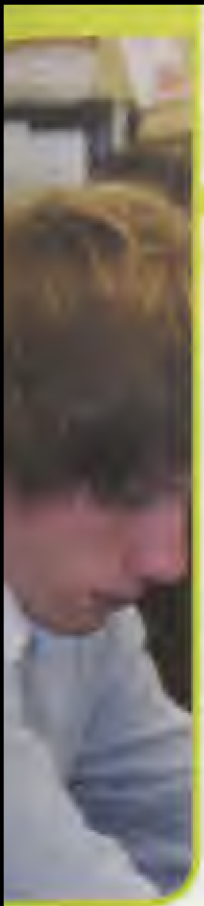
a.p. studio art

jaymee ryan (12) listens intently as her French teacher speaks. To further their learning, students could also join French club.

"Foreign Language helps you prepare for life outside of high school because there are so many different cultures."
Sophomore Breona Carroll

karen perez (10) grabs fabric during Spanish class. Students got to do projects along with bookwork.

french students look at their books during class. Besides learning the language students also got to learn about the French culture.



around the world in 50 minutes

Story/Layout by: Kaitlyn Carpenter

French…Spanish…French…Spanish. Which to choose? Students may only have taken a foreign language to graduate, but taking a foreign language may be more important than one may think. Although a big part of Spanish class is learning the language, students also were able to learn other things that pertain to the language.

In Spanish class, students get to learn about literature, authors, and the culture of the Spanish speaking world," said Spanish teacher [illegible]

Some students may think that Spanish or any other foreign language is a waste of time and it isn't used in everyday life, but some students and teachers beg to differ.

"It helps you prepare for life outside of high school because there are so many different cultures," said sophomore [illegible]

"We live in a global America today and students can use Spanish in any career and service Spanish-speaking people," said Morris.

Although many of the Spanish classes did not get the chance, one Spanish class was able to take their learning experience outside of the classroom.

Junior [illegible] said the class went to Omaha to go and see the Diego Rivera exhibit and afterwards were able to go shop and eat at the Old Market.

Spanish students could further there Spanish intellect by joining Spanish club. Spanish club met on Thursdays every other week throughout the school year. To be in Spanish club, students had to be enrolled in a Spanish class.

"It was fun," said Carroll. "I got to meet people that have the same interests as me and I also just love the Hispanic culture."

The Spanish club is involved in multiple activities. The club went to restaurants, did concession stand duty, and tried to promote the language through service projects.

"I liked helping in the concession stands. We did some during the football games and basketball games this year," said freshman [illegible].

There are a large number of people that take Spanish at East, but many students choose French instead.

"I chose French because I already knew how to speak Spanish," said sophomore [illegible]

Like Spanish class, students learned other things besides the language in French class.

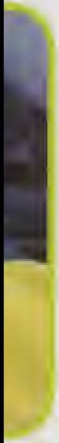
"We also learned about the culture in France," said Ortiz.

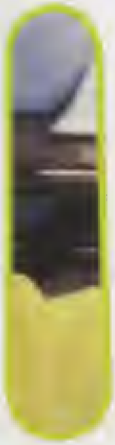
Besides learning in the class room, French students were able to further their learning of the language and culture in French Club. The club usually met on Tuesdays during the school year.

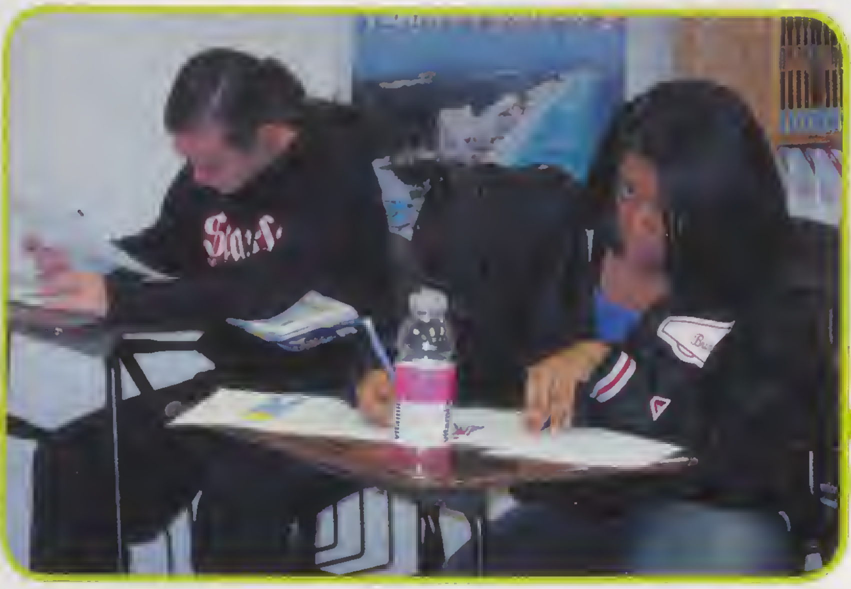
Students said they enjoyed French club because they got to meet students who liked the same language and activities that they did and it was a really fun experience.

The group did activities pertaining to French culture and also did club parties around the holidays.

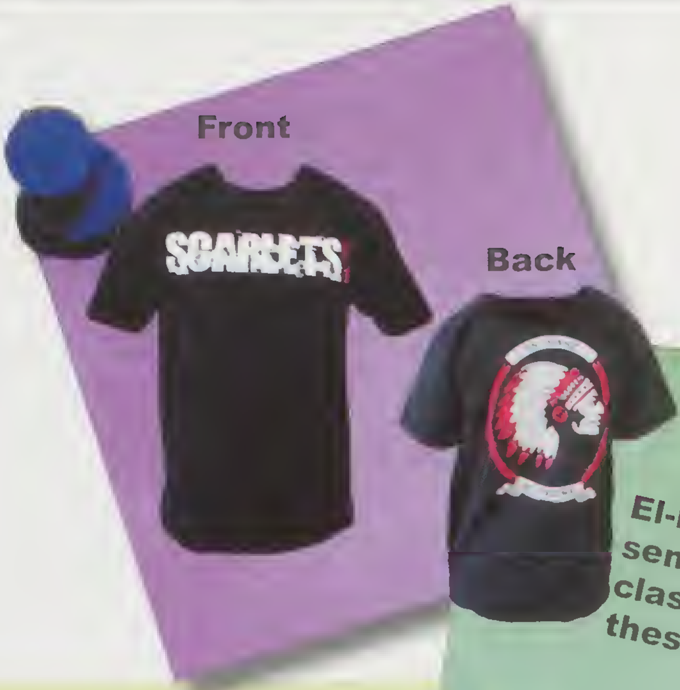
Foreign language classes may be required for graduation, but they can also be fun and help students in the future.







caitlyn carmichael and bria johnson (11) work on their Spanish project. Besides working in the classroom, some students got to take field trips.



El-Baroudi's first semester 2nd period class designed these $10 T-shrits!!

Every class works hard to come up with the best product.

students wait to listen, to Senator Tom Harkin speak about his views and how its important for them to get involved.

remember your notes, [illegible] (12) listens as his government class reviews over a new section.

read and understand, Brad Davison (12) needs a little more time to study for a test.

taking an extra look, at a government group assignment [redacted] (12), [redacted] (12) and [redacted] (12) work together to learn about court cases.

real world input for scarlets

Story/Layout By: Ashley Lovell

Everyone wants to graduate and sometimes it can be hard, but there are two classes you can't do it without. Government and Economics are the two required classes needed in order to walk across the stage during commencement.

Learning about history and politics may not be the most exciting thing to some students, but for others it's a whole new learning experience. The November election was a big topic to discuss, most students participated in the mock election held at East.

"I like politics. I actually watched the presidential debates on the news and whenever they were on. Most people would find it completely boring, but I think it's nice to know what's going on with today's news," said senior [redacted].

Iowa's Senator [redacted] came to talk to students about his "everybody wins program".

"Most government classes went down to the band room to watch Harkin speak, but my class missed out because there wasn't enough room there for the entire class to go. I would have liked to go and listen to him talk about what he does, it would have been a cool experince," said senior [redacted].

Sometimes the things you learn in government are continued in the economics classes.

There are two different types of econ. available, regular and micro-macro econ, where you create a product and then learn to sell it on your own.

"I think we did very well. I loved our shirts and I liked learning how to sell them. I wanted to go above and beyond. My class worked extra hard and was one of the first to get them in because we were on top of everything and we never gave up," said senior [redacted].

one step back in time

Story/Layout by: KaiHyn Carpenter

Martin Luther King Jr., George Washington, and Benjamin Franklin: all were extremely influential in American history. It's too bad that all of these important American figures are no longer around. But what if you could go back in time and meet any person from American history. Who would you want to meet? What would you want to ask them?

In American History, the freeing of slaves was a big part of what America is today. Some students said that if they were able to meet anyone in history they would want to meet someone that helped slaves become free citizens of the United States.

"I think that I would want to meet Harriet Tubman," said junior [illegible].

Marquez said that she would want to ask Tubman how she found all of the courage to be able to help slaves when she was already free and why she would risk that.

Along with Tubman, there were other important African Americans that helped end slavery in the South.

"I would want to meet Frederick Douglass because I would want to hear about how he made such a big step and used his life to gain others their freedom. To me, it was very unselfish and shows how he was there for his African American brothers and sisters," said junior [illegible].

These two African Americans may have been incredibly important people who helped free slaves, but there have been other influential people who founded our country and became president.

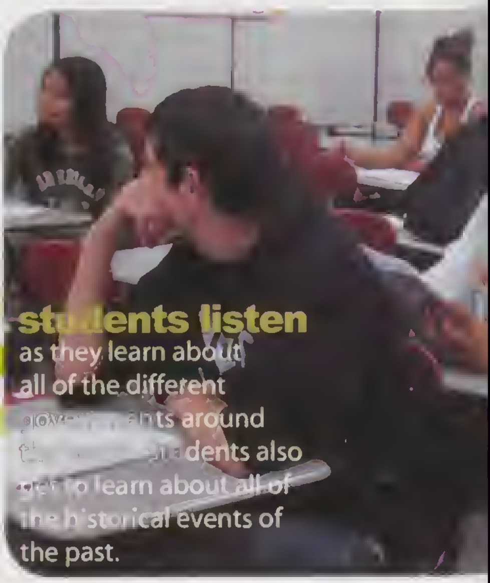
"I would like to meet Thomas Jefferson. I would want to ask him what the other founding fathers were like," said junior [illegible].

Along with the founding fathers, there have been other presidents that have left their mark on society that students would also like to meet.

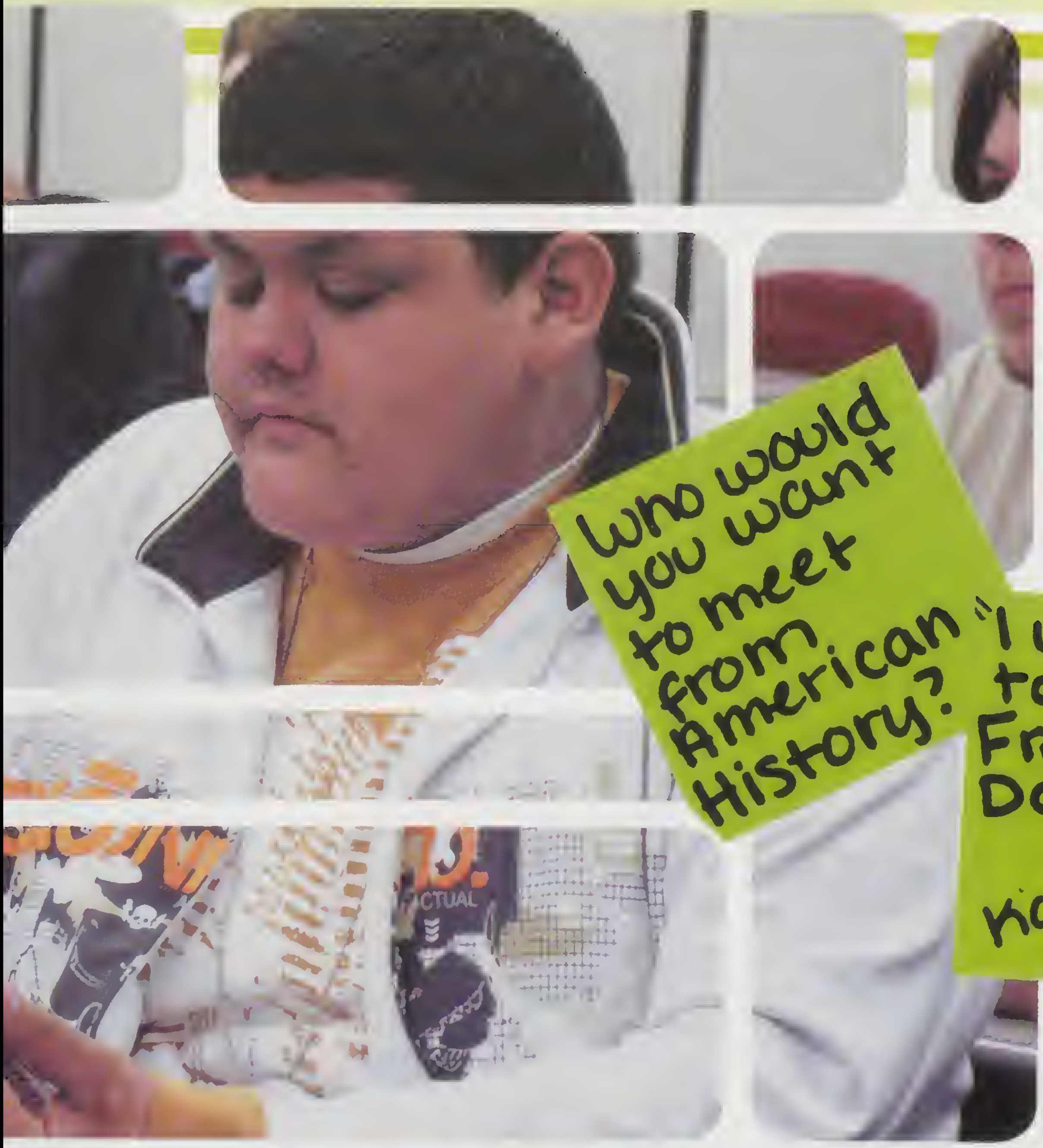
"I would want to meet Abraham Lincoln because of all the work he did under his presidency to free slaves," said junior [illegible]. "He was the first president who had helped free slaves. It really shows me that he was very concerned about people and that's why he would be really interesting to meet."

Many students agree that if it were at all possible, it would be an incredible experience to meet a figure from American History.

history teacher charles kannapel teaches his class about the many civilizations of the world. World History is a class most students take their sophomore year.



students listen as they learn about all of the different governments around [illegible]udents also get to learn about all of the historical events of the past.



Who would you want to meet from American History?

"I would want to meet Frederick Douglass."

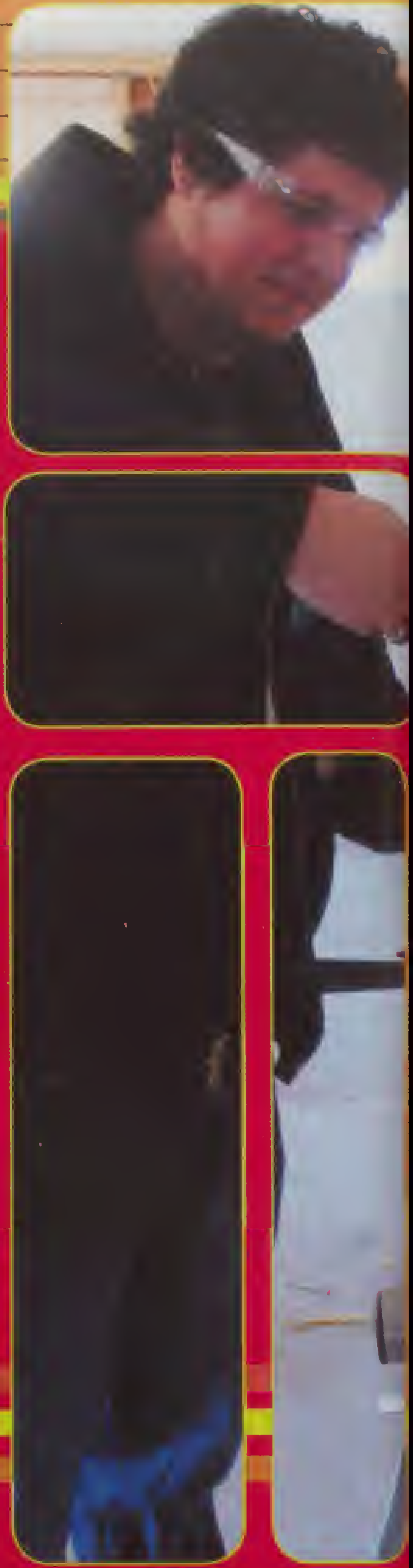
Karmen Buchanan (11)

sophomore antonio contreras reviews his notes in World History. Besides taking notes, World History students also did many projects.

Front Row: Kyle Omundson, Cillian Conner, Jacob Keeny, Johnny Coleman, Richie Reed, Payton Pringle. Row 2: Ernesto Martinez, Ryan Verwers, Daniel Padgett, Josh Rothmayer. Back Row: Bryan Phillips, David McCartney, Nick Olson, Dillion Barber, Clayton Young, Bill Oleson, Micheal Carolus, Kody Ford.

Daniel Padgett (12) and Johnny Coleman (12) [illegible] a piece of sheet metal [illegible]. The [illegible] work is part of the [illegible] of the house.

Kody Ford (12) cuts a hole in the [illegible] [illegible] building project.



Story/Layout by: Kyle Omundson

from the ground up

Home remodeling is[illegible] building a [illegible]se. It also te[illegible]

[illegible] **Bill Oleson** [illegible]

[illegible] **Ernesto Martinez** [illegible]

[illegible] **Daniel Padgett**

[illegible] **Dillion Barber** [illegible]

[illegible]

[illegible] **Richie Reed** [illegible]

[illegible] **Jacob Keeney** [illegible]

[illegible] stude[illegible] has m[illegible] him on a [illegible]ular basis [illegible]

Ryan [illegible] (12) cuts a board while [illegible] (1[illegible]) holds the end for the framing of the house. [illegible] team effort is an important element of the class.

Working to be the best

Story/Layout by: Ambrayana Jones

Some people enjoyed football during the year, others preferred basketball; but for six East High school scholars it was Academic Decathlon (AD) that generated smiles, helped reinforce teamwork, academic excellence and study skills.

Academic Decathlon is a scholastic competition where individuals group together to compete against other high schools. The students are tested in eight categories: Art, Economics, Essay, Interview, Language and Literature, Mathematics, Music, Science, Social Science and Speech. Winning teams advance through the local, regional, and state levels of competition. The state champions compete at the national finals. The theme of AD 2009 was "Latin America".

East High has had a strong tradition of being one of the stronger Des Moines Public Schools competing in Academic Decathlon. However, East has now been in a slump because of a lack of participation. The lack of participation may be due to the amount of time and effort demanded by AD.

The National Academic Decathlon organization supplies all schools with the academic material they will need for the year's competition. Along with the binder, the students are given a novel, a CD containing theme music, and internet links that provide additional information that isn't included in the book.

The novel for the 2009 AD was *Bless Me Ultima* by Rudolfo Anaya and the students were expected to become familiar with all aspects of the book. The students were also expected to familiarize themselves with everything else inside their binders. In an effort to get more accomplished, the team divided up the work and taught each other different parts of the book, math concepts, and explained anything else other members lacked knowledge about. The students also had to know these things in five months.

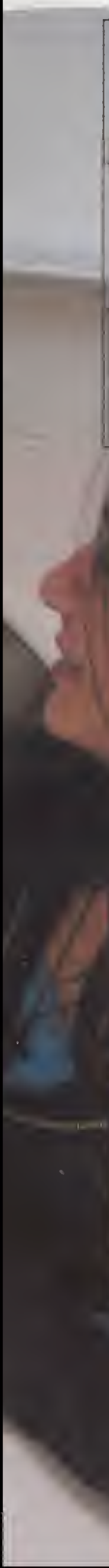
The team began competition on February 2nd at the Wallace Homestead building in downtown Des Moines. They were required to give their speeches to the judges and go through a profession interview.

They continued competition the next day and traveled to the Drake Olmstead building for testing. The ten met with Coach Griffin and began scoping out their competition. The scholars took four tests, had a break, and went back at it again. After what seemed like eternity, the team was able to compete in the Super Quiz.

In the Super quiz, the students lined up based on their academic category and met at tables and answered ten questions each. The scores were then posted on the wall. The team finished with 14 points and almost tied with the North team.

In the end, the team received four medals for scoring high in the various categories. Even though the team was small, they represented and made East proud.

Puzzled, [illegible] (11) [illegible]



The team teamline, poses for the camera. They like to have fun when they're not studying for competition.

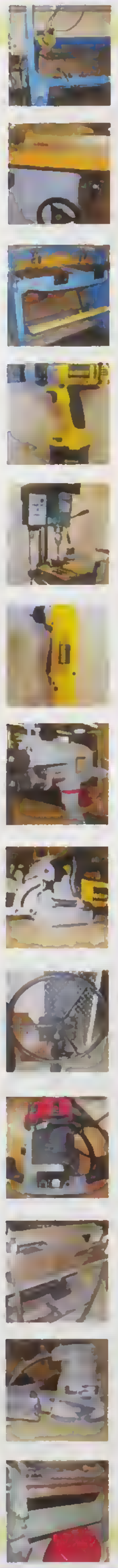
At competition [illegible] t answers. Scores are posted on the walls to help the teams know where they stand.

DID YOU KNOW??

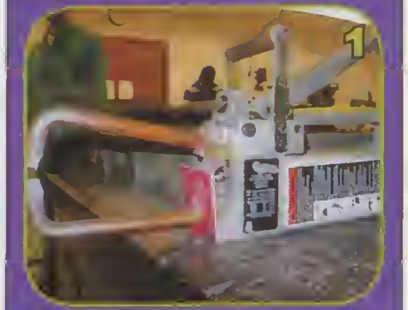
Academic Decathlon is ten-event scholastic competition for teams of high school students. Each high school enters a team of nine students: 3 "A" or Honor students, 3 "B" or Scholastic students, and 3 "C" or Varsity students.

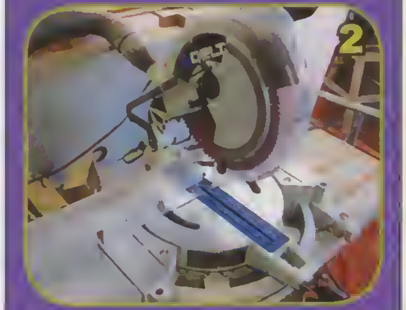
Encouraging [illegible] group [illegible] order to [illegible] their goal.

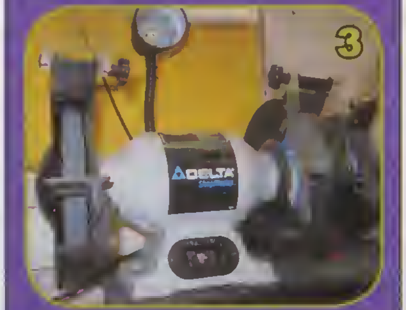
All material [illegible] be learned in order for [illegible] to learn everything, [illegible] each other the [illegible] don't know.

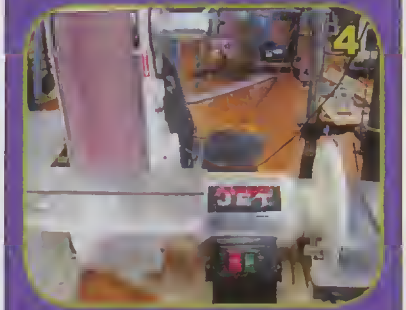


Do you know your shop equipment?



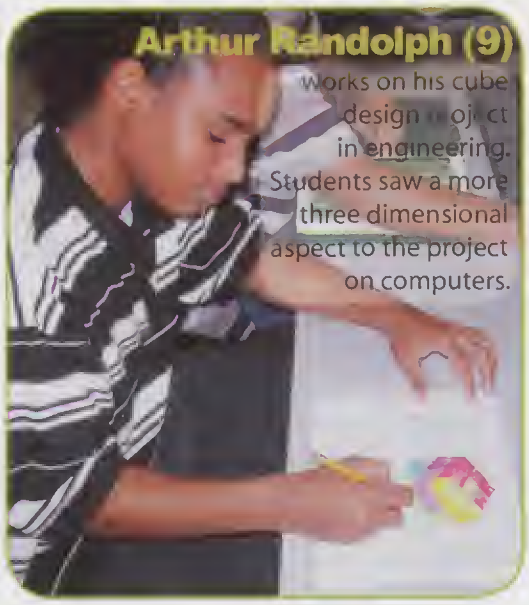






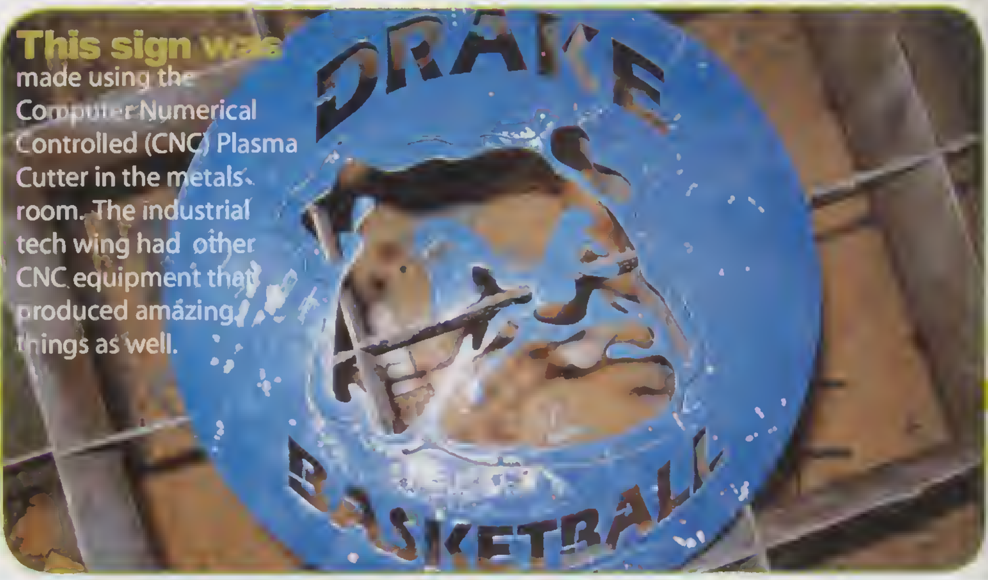
Answers: 1-Spot Welder, 2-Miter Saw, 3-Bench Grinder, 4-Belt/Disc Sander

[illegible] Borton (12) inspects and sands her cabinet in Woods 1. Borton gave the cabinet to her Granny as a Christmas gift when she was finished.



Arthur Randolph (9) works on his cube design project in engineering. Students saw a more three dimensional aspect to the project on computers.

Cedric Arcella (10) practices arc welding. Metals 1 students also learned mig welding and gas welding.



This sign was made using the Computer Numerical Controlled (CNC) Plasma Cutter in the metals room. The industrial tech wing had other CNC equipment that produced amazing things as well.

let's build something!

Story/Layout by: Kyle Omundson

"There is a shortage of engineers in this country. We would rather have more Americans in those jobs," said metals teacher **Clint Gadbury**.

Gadbury taught the the new engineering program that was offered for the freshmen this year. The class introduced students to problem solving in engineering. Funding for the course came from a program called Project Lead the Way.

East was not the first school to offer the program. Lincoln and Roosevelt have had it for the past couple of years.

According to Gadbury, this year's introduction class learned engineering design. For students who decide to take the second class in the course next year, they will learn more about the principles of engineering.

The class was fun for students. It involved designing on paper as well as on the computer screen. It required students to be focused in order to keep up.

According to freshman **Andy Rowe**, students need to pay attention in the class because they can get lost pretty quick.

"Overall, it was pretty fun and easy," said freshman **Danniel Hem**.

"It was really easy once we got used to the programs on the computer," said freshman **Kyle Vanderzyl**. "I would recommend taking the class to anybody."

The engineering classes in the program used other basic subjects in high school including math, science, social studies, and speech. It also helped to have an open mind about ideas for the course.

"We got to invent and design things that we imagined in our heads," said Rowe. "You have to have a great imagination for the class. We also used art and math skills."

Students liked the course and plan on staying with the program in the upcoming years.

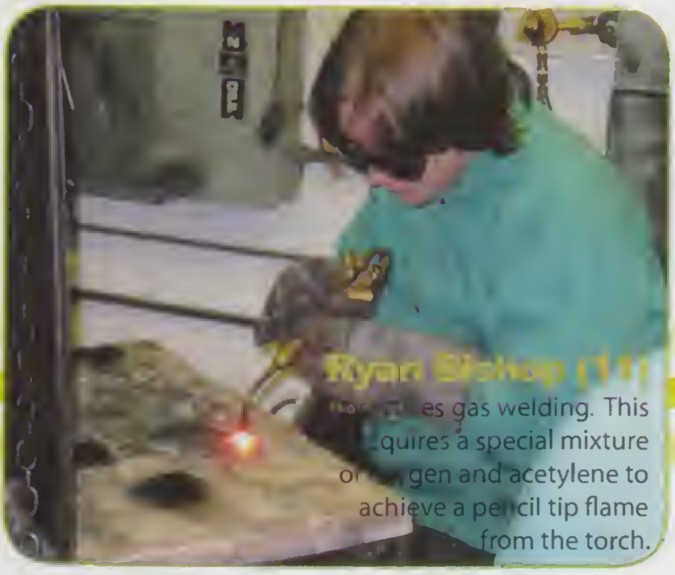
"I am going to take the class next year, because I plan on taking chemical engineering at Iowa State University," said freshman **Kierra Osborn**.

According to woods and drafting teacher **Jeff Hall**, the industrial arts area tried to cut back on major spending this year to help pay for more computers to use in future engineering classes.

The plan is to upgrade **Marty Mohler**'s photography classroom to use it to hold the course and offer it to the rest of the students who want to take the engineering course.

Gadbury hopes that the course will push students to take woods and metals classes in high school. He also hopes that woods and metals students will consider taking the engineering course next year. He wants to add new ideas and expand the industrial tech department.

"Jansen did a good job with the metal shop," said Gadbury. "I just hope to make a good program even better."



Ryan Bishop (11) practices gas welding. This requires a special mixture of oxygen and acetylene to achieve a pencil tip flame from the torch.

Project on Friday
-Must have Cabinet top Complete

-Burn design in Cabinet door tomorrow

no typ(e)ical math class

Story/Layout by: Kyle Omundson

For students, math class is usually envisioned as a world of pencils, heavy textbooks, notes, and numerous assignments to reinforce the concepts of what they learn. For a change, this year students learned geometry math on HP laptop computers.

"I loved the class. It was great," said junior **Adam Elsinga**.

The new class was called Computer Aided Geometry and it was instructed by **Tim Walljasper**.

"The class was aimed to provide them with a more visual demonstration of the geometry idea and topics that you can't see with pencil and paper," said Walljasper.

The software used on the computers was called The Geometer's SketchPad. Students appreciated the opportunities to use new technology to better understand the concepts of geometry.

Junior **Devontray Heard** said, "We were more hands-on than the typical class."

The new laptops took some time to get used to.

"It's not hard, you just get frustrated after a while," said junior **Madelin Marquez**. "The mouse was hard to work with on the computer."

A plus was not having to carry heavy supplies home to do homework for the class.

Elsinga said, "It was good to know that we didn't have homework. We could get it all done in the set amount of time we got."

According to Walljasper, the district's math department paid for the computers and equipment.

There were also two new math teachers this year, **Don Thatcher** and **Tami Kreykes**. Kreykes taught at the Ninth Grade Academy, while Thatcher was on the third floor of the main building.

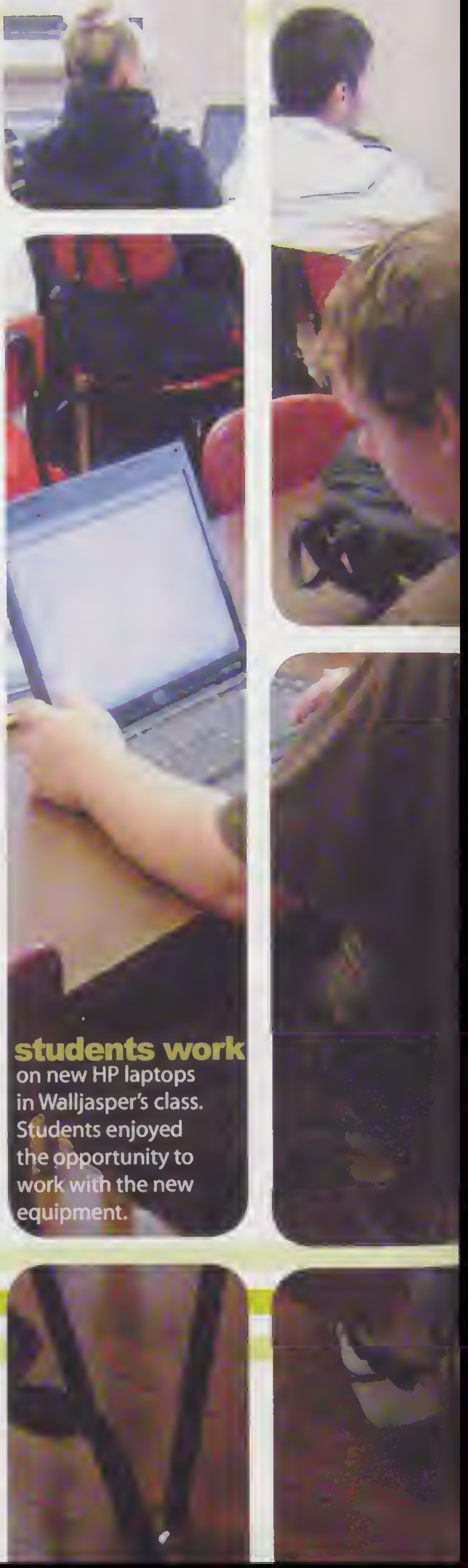
Next year will offer yet another new opportunity for most students interested in new forms of math class.

According to teacher **Karen Cross**, statistics will be offered as an optional college credit math class for students to take. It will involve working with data, and distributions, and will involve a lot of critical thinking, statistical methods, and real world skills.

"Many majors need some statistics," said Cross. "Having a course in high school would make college life easier. I felt bad we couldn't get it through this year," said Cross.

Students interested in statistics are also curious about the opportunities they may have if laptops are used for the course.

Junior **Tyler Vry** said, "It would definitely be helpful if we get to use computers in statistics next year!"



students work on new HP laptops in Walljasper's class. Students enjoyed the opportunity to work with the new equipment.

*Parallel (||) lines have the same slope (m)

*Perpendicular($\perp$) lines have opposite reciprocal slopes

$y=4x \rightarrow y=-1/4x$

Calculus

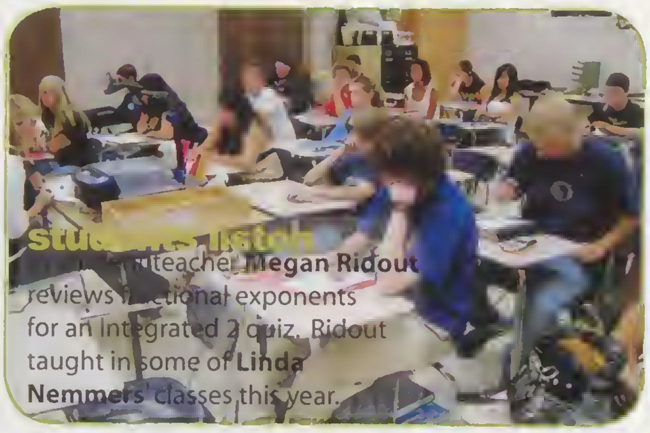
Chap. 2 review
Pg.95(#1-25, multipl of 3, 43, 47, 49)
Due Friday

Test Friday!!!!

$y=2x-15$

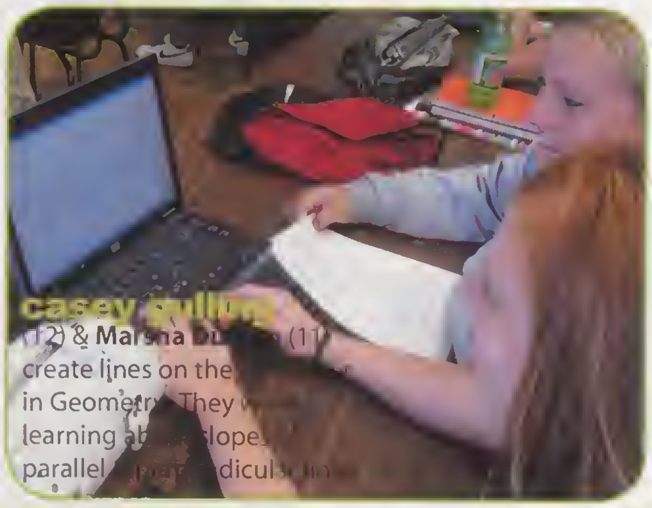
$y=-1/2x-1$

keith wessel (10) focuses on his test in Thatcher's Integrated 1 class. The test was over solving for variables.



students listen

Student teacher **Megan Ridout** reviews fractional exponents for an Integrated 2 quiz. Ridout taught in some of **Linda Nemmers'** classes this year.



casey gullion (12) & **Marsha [illegible]** (11) create lines on the [illegible] in Geometry. They were learning about slopes, parallel and perpendicular lines.

battle of the mind

Story/layout by Ambreyana Jones

Have you ever wondered why people act the way they do or why they say what they say? In psychology and sociology, students are able to take a closer look at the nature of the human race.

Teacher Ted Christensen said, "Both psychology and sociology are introduction classes for students. Most students take this class in order to prepare themselves for a specific career, such as ministry or psychiatry."

In sociology, students are able to study family units and its structure, relationships, and different organizations to get help. They also study concepts, ideas, and important people.

Senior Chrisanne Houser said, "I wanted to get into the class to learn more about people. I've taken sociology and now psychology; I'm more interested in sociology at the moment."

Some students come in not knowing what to expect but just have a curiosity.

Senior Robert Hawthorne said, "Psychology seemed like a fun class to be in and it's a good class to have coming out of high school."

Unfortunately for Christensen, some students are added in the class because they have no other place to go.

Christensen said, "Since study halls were taken out, many students get put into my class and don't show as much interest as my previous classes have. There are still those who come in and want to be here so that makes things better."

In a class that isn't very popular, Christensen works hard to keep students interested. He said that he shows the students illusions and has them say what they see, so that he can show them how the brain plays tricks on us all.

Christensen said, "The students enjoy this activity because I'm able to use the brain model that labels each part of the brain."

Although the students are hit with worksheets and lectures, they are able to watch interesting movies to learn visually versus reading books.

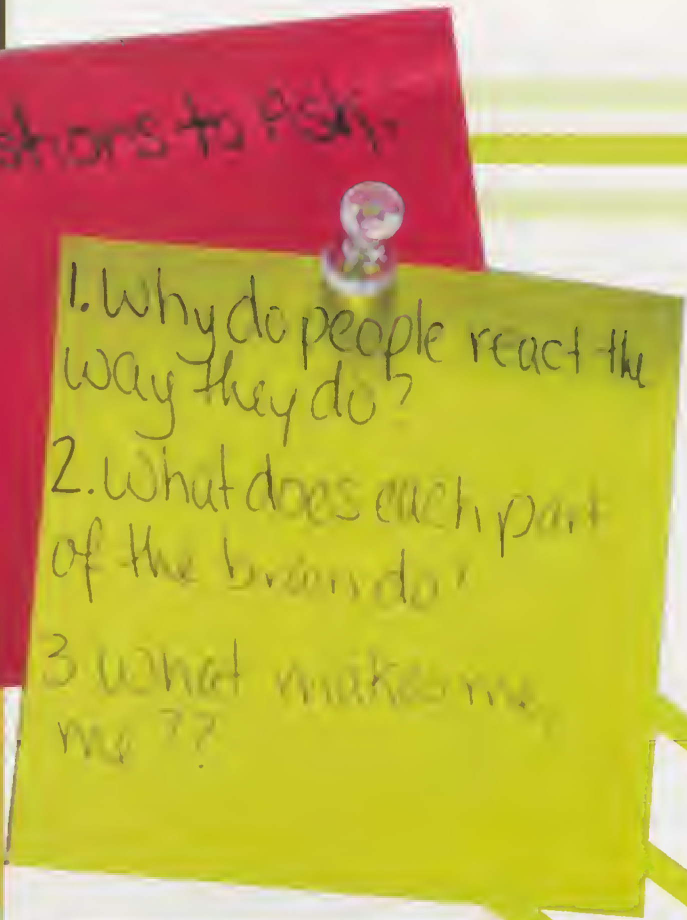
Many students, including Hauser, agreed that their favorite was a movie entitled "*Nell.*"

The movie is about a girl who was brought up in isolation and ends up going out into the world and runs into a doctor. This doctor is fascinated by her and her language. Unfortunately, others want to understand her more, too. The students are then able to see the effects of being in solitude for the majority of her life and going out into the "real world."

This class may be a lot of work but it helps students to see into the minds of other people.

Taking notes Malaytong [illegible] writes all-important facts. The students are responsible for getting the information they need from class texts.

PSYCHOLOGY AND YOU
Second Edition
WEST



Questions to Ask

1. Why do people react the way they do?
2. What does each part of the brain do?
3 What makes me, me??

Concentrating, Robert Hawthorne tries to complete his test. The students must know the material out of the book and lecture notes covered by the teacher.

Students take their time on an important test. They develop good study habits in order to get things accomplished.

psychology/sociology

let's get physical

Story/Layout by: Layla Schwartztrauber

When you're signing up for gym class at the beginning of the year there are many different paths you can take. If you like to lift weights, you could take weight lifting, if you like to take things easy, you could sign up for yoga, and if you just like to take a regular gym class, you could sign up for something else.

There are also many teachers; options are [redacted] (weight lifting), [redacted] (weight-lifting and yoga), [redacted] (regular P.E.), or [redacted] (yoga and regular P.E.).

"I chose to take yoga this year," said junior [redacted]. "We don't only do yoga, though, we work out to video tapes also."

Most students who participate in a sport choose to take weightlifting so they can get in shape.

"I took weight lifting because I needed to get in shape for softball since it is coming up soon," said junior [redacted].

While in weightlifting you could do a number of things such as, bench press, squat, push press, calf raises, hang clean, incline bench, and much more.

"It's not so much fun being really sweaty before 8am but it's worth it to get in shape for free," said junior [redacted].

Everyone in a gym class is required to dress out every single day in order to keep there school clothes clean.

Junior [redacted] said, "At the beginning of the year I could only bench about 60 pounds and now I can bench 80. I like that every six weeks we have max out so I can really see how big my guns have gotten."

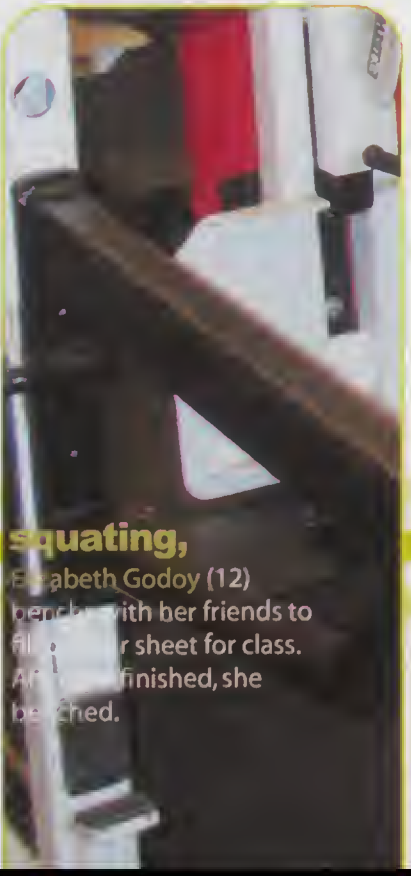
East's P.E. classes weren't always "choosy," everyone had to pick something because it is required.

"Our physical education classes have really evolved since a few years ago. I'd really think to thank different people who help us with funding and provide us with different types of ways to work out such as weights, medicine balls and treadmills," said Principal [redacted].

things to do
- bench press
- squat
- incline
- 2 way ra

"I love benching So I can get inshape for Sports!"

bench pressing, Kristin [illegible] (11) benches as her first thing to do in class. Afterwards she added 10 lb. weights to test her limits.



squating, Elizabeth Godoy (12) benches with her friends to fill out her sheet for class. After she finished, she benched.

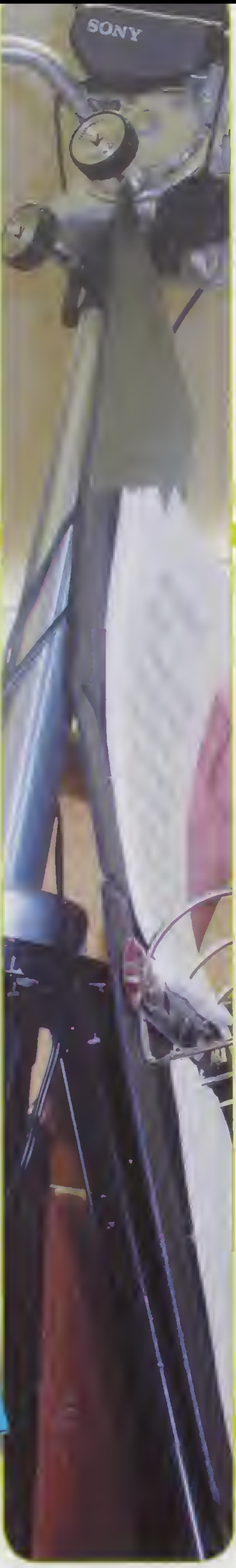
bench pressing, Alexander Grochala (10) lifts a ton while Eric Feldmann (12) spots him. Afterwards they switched places.

walking, [illegible] (10) walks on a treadmill. After a 30 second time limit she moved over to lift the medicine balls.

don't sit too close to the T.V., warns **Jacob Bellman** (11) as he monitors the live feed of a news broadcast in his class.

feeling in control, **An[illegible]** (11) communicates with his team of cameramen and monitors in order to make their news broadcast run smoothly.

Lights, camera, Action



two shots in one, as [illegible] (10) talks directly to his audience for a fictional news broadcast.

don't be camera shy

Story/Layout by LaRissa Connett

On a given day, most of the student's free time is spent listening to the radio and watching movies on television. If you are the kind of person where there is a permanent imprint of your body in your sofa and it seems you just want an easy 'A', think twice before signing up to take the radio, T.V., and film class offered at East.

However, coming back for its second year radio, T.V., and film is a lot more work than just being a couch potato and watching South Park.

"We have a lot to do and more work than you'd expect," said junior [illegible].

It's a two semester class which focuses on the history and development of radio broadcasting, sitcoms, and news broadcasting. Students even dabble in a little advertising.

"It was one of the more extensive projects the students had first semester," said radio, T.V., and film teacher [illegible]. "They created a presidential ad campaign, and were judged according to the style of how they would run the campaign".

With a limited amount of funds and criteria of what their "presidential nominee" wanted in their campaign, the students went off to work. Creating signs and posters, along with catchy slogans for their clients.

"It was neat, and some of the things we came up with were really creative," said Bellman.

To read
or not to read

Ever pull out a book to read while waiting for school to start, in the middle of class, or even while walking around the schools halls? Books are always popular in school, whether it's lazy reading or a school assignment on a book you can't put down. But what is popular with teens today? Is it short stories or epic tales, life stories or someone's fantasy, real-life or fiction?

Apparently it's "Books with Bite" (aka books with a vampire theme) that have been most popular with teens this year. Books like Stephenie Meyers' *Eclipse* from the Twilight series, Rachelle Mead's *Vampire Academy*, and Cassandra Clare's *City of Bones*, all of which made this year's YALSA's Teens' Top Ten.

"There's a naturally high level of appeal to teens," says Sarah Cornish Debraski, president of the Young Adult Library Services Association, talking about the vampire trend of the past few years on *OC Register.com*. "It's very romantic and it's completely forbidden. And in general, just the macabre and gothic topics tend to be very popular with teens."

But "Books with Bite" aren't the only popular books around.

"I've had students borrow *A Child Called It* and *The Lost Boy* a lot recently," said East English teacher [redacted]. "I've also had lots of students reading books like *Crank* and others from that series."

Book series are quite popular right now. Some students believe it's because they want the story to go on and on, not just stop with a happy ending. Many books like Scott Westerfeld's *Uglies* and James Peterson's *Maximum Ride* series are flying off the shelves.

One book very popular right now at East is *Twilight*. The book is a vampire story in a series involving a forbidden romance, lots of action, and many students soon realize that they can't just stop with the first book. Fans were excited about the new movie make of the book, which was released on November 21, 2008.

"All the kids wanted to read the book before seeing the movie," said EHS freshman [redacted]. "But they were too excited to wait. I know I was."

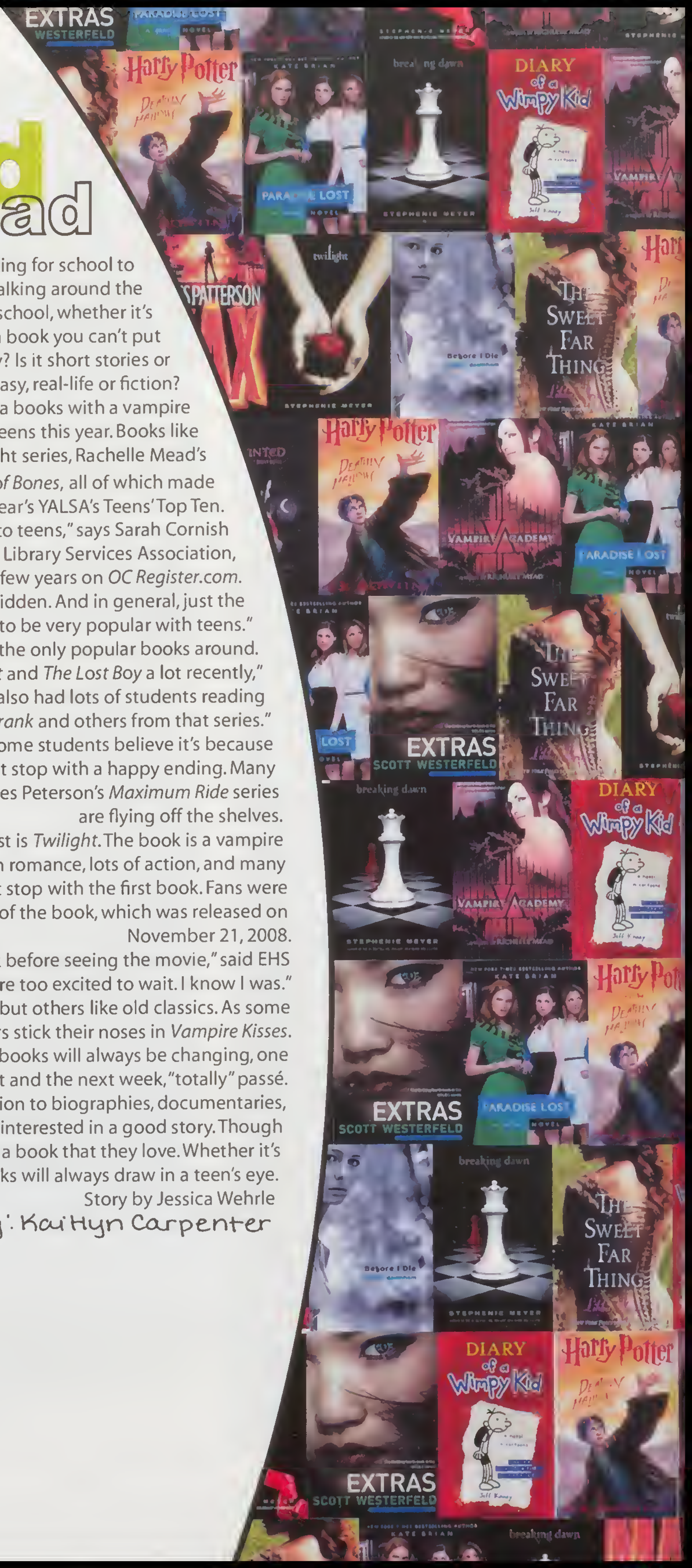
Many students read what's popular, but others like old classics. As some crack open *The A-List*, others stick their noses in *Vampire Kisses*.

But one thing for sure, the popularity for books will always be changing, one will be a hit and the next week, "totally" passé.

From manga, sci-fi, fantasy, and fiction to biographies, documentaries, facts, and events, teens have always been interested in a good story. Though some claim to hate reading, everyone has a book that they love. Whether it's fiction or fashion, truth or not, books will always draw in a teen's eye.

Story by Jessica Wehrle

Story/Layout by: Kaitlyn Carpenter



EXTRAS
SCOTT WESTERFELD
new moon
CRANK
Ellen Hopkins
eclipse
JAMES PATTERSON
MAX
Before I Die
DIARY of a Wimpy Kid
PARADISE LOST
VAMPIRE ACADEMY
breaking dawn
THE SWEET FAR THING
twilight

A book that bites

Have you ever had one of those dreams that you didn't want to wake up from because it was that good? Well, Twilight series author Stephenie Meyer did.

Meyer said, "I had no intention of writing a book, let alone starting a career. But this dream—which is contained in chapter thirteen of *Twilight* (the meadow scene)—caught hold of my imagination. I was so intrigued by these two characters that I wanted to go on thinking about them, and I wanted to find out what would happen next. Most of all, I didn't want to forget them. So I sat down at the computer to record my dream, and once I started typing, I never stopped."

Waukee High School freshman Chloe Campbell said, "It's an interesting story of impossible love with a bit of fantasy thrown in set in modern times, they encompass how every girl wishes their teen days could have been or how they want them to be."

Meyers' books have not only made it to the New York Times Bestselling list but also into the hearts of many teenage girls.

Sophomore [redacted] said, "They're the most amazing books; they had me completely in a trance from start to finish."

The book series consists of four books: *Twilight, New Moon, Eclipse,* and *Breaking Dawn.* Meyer is critically considered to be the next J.K. Rowling.

"There will never be another J.K. Rowling. That's a lot of pressure on me, isn't it?" said Meyer.

Meyer is considering writing the series again....but this time from Edward Cullen's (One of the main characters) point of view, instead of Bella's.

Mauk said, "I would absolutely love to see the series written in Edward's point of view. He's such a mysterious character, not to mention romantic."

Not everyone has the same opinion about the books. They are mostly liked be adventure-craving-teen-girls that are in the mood for a good love story.

Junior [redacted] said, "I don't think the book is very good, and I wouldn't waste my time to go see the movie that will probably suck more."

It is mostly teenage-girls who read the books.

"Even though it centers on non realistic characters, it never seems stupid or gimmicky," said Waukee junior Matti Rainforth.

Students read the series because they tend to love the sense of adventure. The International Reading Association (IRA) reviewed the first book and summarized it. They said, "When Bella (Isabella) decides to spend her junior year of high school with her father in Forks, Washington, while her mother, back home in Phoenix, Arizona, negotiates a potential new life with a professional baseball player, the usual concerns of fitting in apply. Will she make friends easily? Will she have someone to sit with during lunch? Will people accept her even though her father is chief of police? Her concerns prove groundless, however, and Bella finds instant popularity among both girls and boys at her new high school. She is even noticed by the school's ultra elite, albeit mysterious, heartthrob Edward Cullen...Bella eventually learns, from Edward himself, that the Cullen's are vampires, but not of the commonly known persuasion."

The IRA said, "Although this is a vampire tale, it is just as much a sweet and innocent love story. The two lovers are drawn to each other for reasons over which they have no control, they are unsure of how to manage their relationship amid friends and family who will surely not understand, and the depth and devotion of their love is never under question. Their love is as spiritual as physical although they never have intimate relations (you'll have to read the book to find out why not)."

Not everyone has read the books.

Sophomore [redacted] said, "The book sounds kind of cool. I'm not into the whole vampire thing but the way my friends talk about it makes it sound very interesting."

Story by Brooke Young

hectic: another word for life

Layout by LaRissa Connett / Story by Erica Rockey

Looking back it has been a good one. As one of the editors of this paper, I'm not going to lie; I've got a pretty big ego when it comes to writing and getting that darn paper out on time.

This paper has come a long way since I first started freshman year, but one thing that has never changed is the hard work, dedication, blood, sweat, and sometimes even tears that go into every issue that we put out.

This year, our black and white beauty stayed with the simpler and more frequent two week, eight-page jewel that wasn't afraid to break barriers and push the limit, even though there was a major cut in staff writers from the year before.

The Scroll had the smallest staff it has had in years, only a mere 10 writers and designers at the most, aside from the 15 from the previous year. Although everything still managed to get done, it's always a rough one.

Design editor and staff writer Trevor Williams describes *the Scroll* in one word: "hysteria".

A lot of hard work and dedication from the whole staff had to be put forth so that two stories could be written, checked, and approved for your page design to be complete but also time to stick around and help your fellow Scroll-mates out.

"I don't think we ever had an issue where everything was in on time but we still managed to get every issue out," said Co-editor-in-chief Emily Banks. "The plant probably wanted to kill us every time we were sending it in at 11:59 a.m. on Wednesday when it was due at noon."

In the end it all worked out for the better with all 15 issues were published without a flaw, besides the occasional typos and mistakes of course, because of the talent that this year's group holds.

With deadlines, other school assignments, and just being senior and juniors in general, *the Scroll* becomes quite a lifestyle and sometimes even more than that. Many on the staff have agreed that, this is not just a class as at. Once you are involved in any class with the journalism program, it becomes more like a cult.

Page designer and staff writer Charissa Shepherd said, "It's very stressful and has become quite the cult. You feel like you always have to be here and you always have to get stuff done."

While you can taste the dedication in the air, sometimes and most always, the staff got caught very off-guard by random things and issues, causing much of the work to be delayed and deadlines not always to be met.

"I can never actually get work done in the classroom," said sports editor Caitlyn Schuler. "I'm usually hanging rubber bands and paper clips from Tyler's frozen nipples," she added jokingly.

Even though, it's has been a crazy year, the reason that *the Scroll* was able to get out was because you become quite the family once you get involved and it changes your life for the better. Developing skills, time management skills, and techniques you can use in everyday life.

"It's the coolest paper I've ever read," said opinion editor Tyler Sather, "*The Scroll* has changed my life for the better".

Scroll
YOU ARE UIU
WWW.UIU.EDU
BIG

Scroll
Bauer's red/black Scarlet skill brings home Olympic Gold

editor-in-chief
[illegible] Rock

co-editor
Emily Banks

design editor
[illegible]

opinon editor
[illegible] Seher

sports editor
Caitlin Sch[illegible]

copy editor
[illegible]

Let it roll let it Scroll

2008-2009

smile for the camera

Story/Layout by: Kate Hurley

Photography is a class where the students let their creative juices flow. One to two days a week students go out and take pictures of anything that their hearts desire. On the other days, they stay in and work quietly at their computers in their own world.

"I like getting out of class to go take pictures of whatever we want, we get to go anywhere," said junior Anthony Flagg.

All they have to do is bring a permission slip signed by their parent/guardian saying they can go or drive off campus.

"The best places to go are like parks or downtown to take pictures of the buildings and statues," said Flagg.

Students can do just about anything to a picture. They can change its color, its filter, they can add stuff in and take objects out.

"The coolest thing I think I've done to a picture is make the whole thing black and white, but leave only parts of it in color, I think it has a cool effect," said junior Kierra Taylor.

Most of the pictures they work on are for their end of the semester portfolio, which is also what their grade ultimately depends on.

"The portfolio is cool because that's how we showcase all we've done throughout the semester," said senior Katelynn Tappan.

You wouldn't think a project that you get to work on all semester would be that hard right? Wrong. These students spend time on each individual photo until they get it just right and even then might go back and work on it again.

"I can spend anywhere from 20 minutes to half the class on a single picture," said Tappan.

There are also other projects they do other than just the portfolio. They've created postcards, greeting cards and collages.

"The greeting card was my favorite project because we got to be more creative," said Taylor.

The students that do take photo are dedicated and genuinely like taking pictures and working with different types of cameras.

"I like that it's kind of easy and we have creative control over our projects," said junior Cody Wilson.

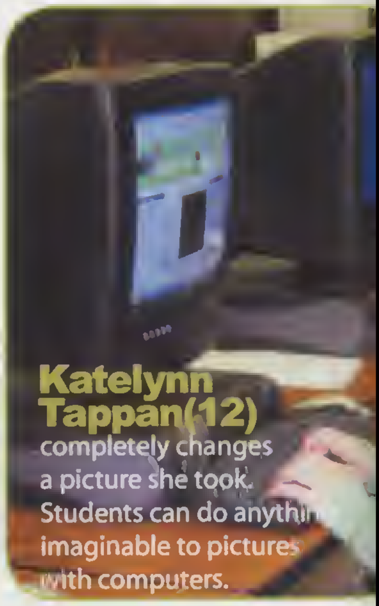
Katelynn Tappan

Two is always better then one.

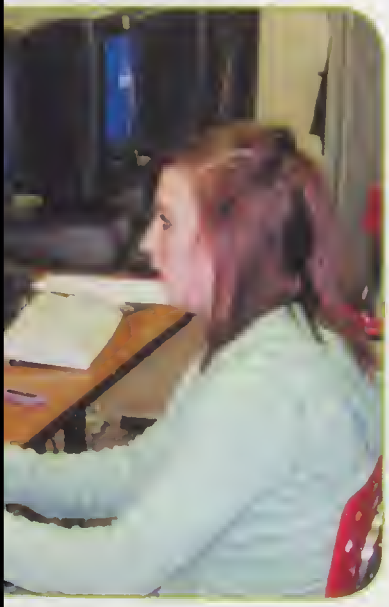
Christian Thompson

Kaydie Boyd

Students leave campus to take pictures. They are allowed to go anywhere they want as long as they return on time.



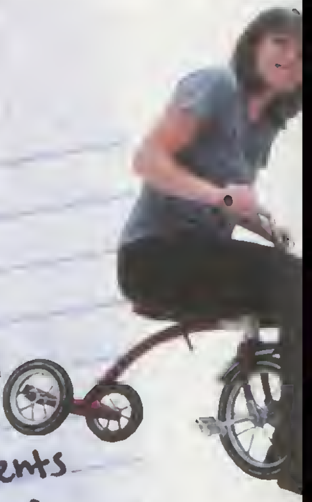
Katelynn Tappan(12) completely changes a picture she took. Students can do anythi imaginable to pictures with computers.



Don't
Forget
Camera!

☑ camera
☑ film
☑ batteries

Chill in the Quill

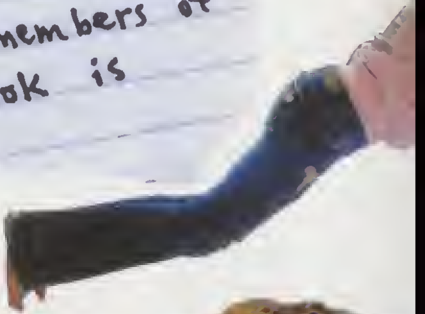


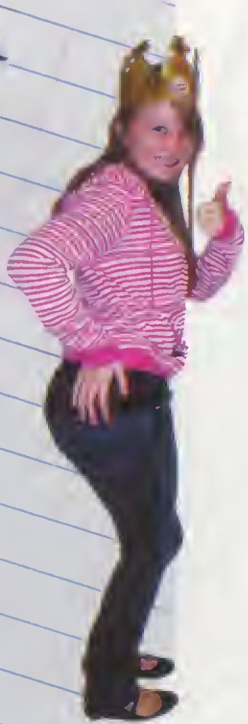
"Remember your picas. Remember to turn your copy in on time. Remember to set the resolution of your pictures to 300."

An ordinary student might not have the slightest clue what all that means but to members of the Quill staff... these are words to live by.

The Quill, advised by Ed Kelly, is a multi-year class. Students intern in the ~~Journalism~~ J1 program for the first semester of their sophomore year. By the second semester they choose which path they would rather take: Quill or Scroll.

Quill is a class basically run by the students. Deadlines are given but in the long run, the work put forth by the members of the staff ultimately decides how well the yearbook is going to turn out.





Room 306IN has become a second home for most of us; asking Kelly for "back to class" passes have become a ritual. It is a place where "borrowing" is not stealing and we are only regarded by our last names... I guess you could say we have a pretty unique class setting.

But enough about us, the important thing is the actual yearbook. It may not seem like it now but the yearbook is much more than it seems.

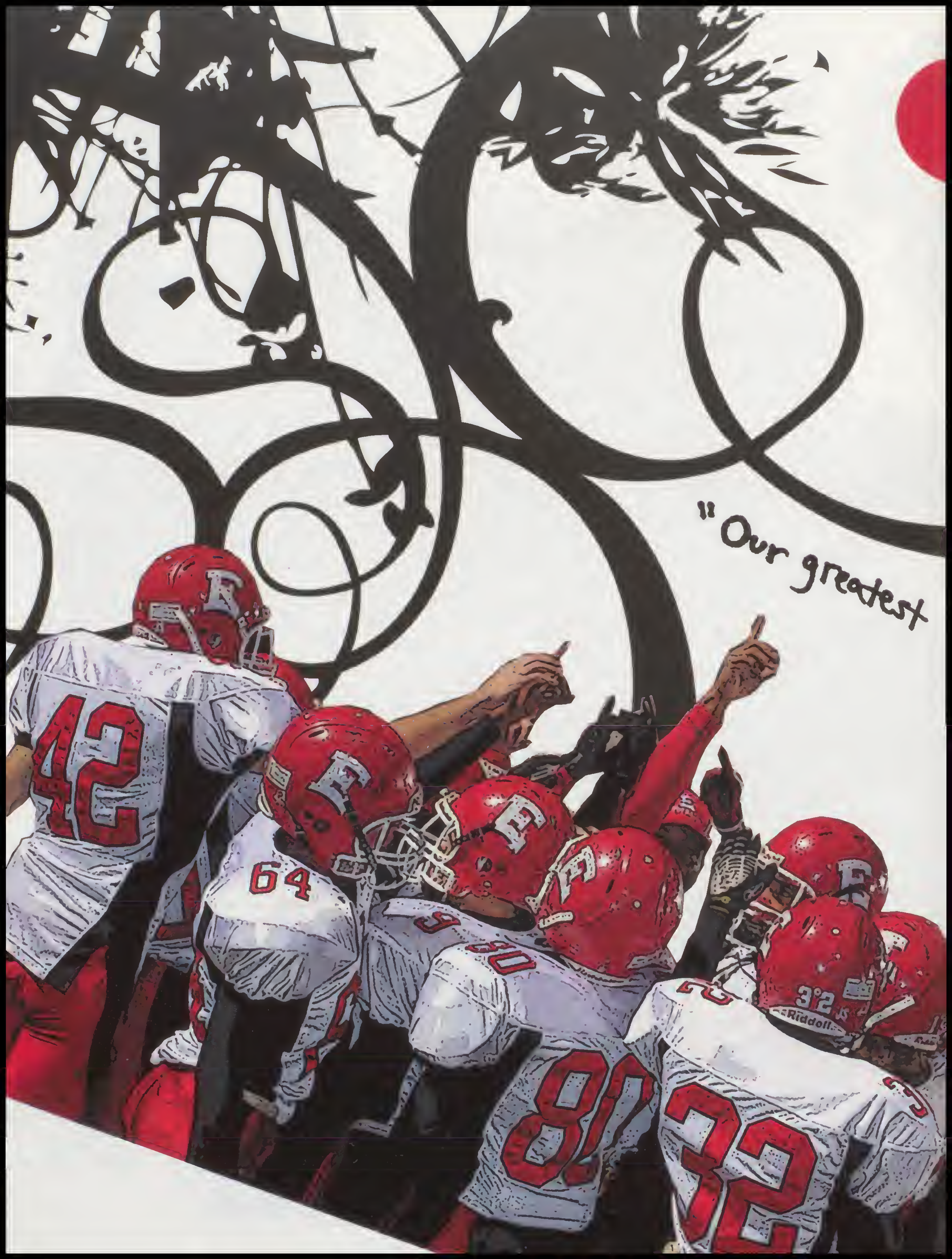
It is a link to everyone's four years at East, shrank down into 300 or so pages. All of the Friday nights you spent cheering in the student section, all of the drama you had with your best friends, all of the classes you just couldn't stand going to... all of it has influenced the kind of person you have become.

Years down the road you will randomly stumble across your yearbook and have to take a look. You'll want to pull it out from that dusty old shelf after your high school reunion to compare how fat and unattractive people have gotten since then.

So in a way our yearbook is a time capsule, memories frozen onto a page to help Scarlets remembere their high school experience.

♥ the 2009 Quill staff

quill 201


42
64
90
80
32
Riddell

"Our greatest

Remember to Practice

glory consists not in never falling, but in rising every time we fall" -Oliver Goldsmith

“I love being out on the field and he

Freshman Season Stats

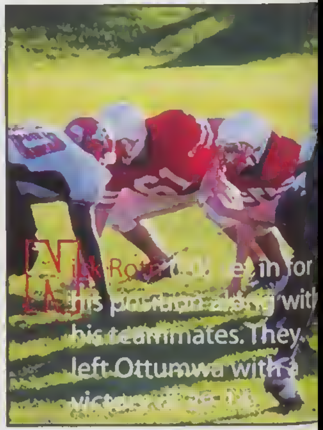
Dowling	0-4 L
Ames	6-34 L
SEP	0-36 L
Urbandale	12-14 L
Lincoln	20-53 L
Hoover	80-12 W
Roosevelt	48-16 W
Ottumwa	30-12 W
North	16-6 W

Sophomore Season Stats

Dowling	0-41 L
Ames	0-38 L
SEP	20-35 L
Urbandale	7-42 L
Lincoln	20-14 W
Hoover	28-28
Roosevelt	40-26 W
Ottumwa	29-14 W
North	28-26 W

“Defense, get [illegible] get tou[illegible] Def[illegible] did [illegible] stop [illegible] Railsplitter opponent from scoring.

[illegible] Roland (9) [illegible]kles his challenger. [illegible] put up a good fight against Lincoln.


Nik Rot[illegible] in for his position along with his teammates. They left Ottumwa with a victory [illegible]

ring the crowd cheer us on.”

First and Ten

Story/Layout by Madison Kasper

“The freshman football team came a long way since the beginning of the season,” said head coach Ken Burgess. Many parents and players also agreed.

Many people want to play football because it looks fun. According to many first time players, it’s not just about having fun; it’s difficult to play both mentally and physically. There’s a lot of knowledge to take in during practice and game day.

“I play football because its exciting. There’s no better feeling then being out their on the field with your team and hearing the crowd cheer us on,” said freshman Cole Myers.

According to Burgess the first five football games were not necessarily their best but it was more of a developmental stage which was expected.

“We were bummed that we didn’t start off the best, but I think we worked really hard, and in the long run it paid off,” said freshman Drew Hurley.

According to sophomore Kirk Jensen, the sophomore football team also had a rough start.

“Overall I think we could say that we had a pretty good season. We’ve improved a lot since last year and us working more as a team betters our chance at winning,” said Jensen.

The sophomores defeated Ottumwa, 29-14. The team agreed that offense and defense both did a great job at covering their area and working together.

“Playing Ottumwa was my favorite game. I did a good job on defense and on offense. I scored two touchdowns as running back to win the game,” said sophomore Nick Roth.

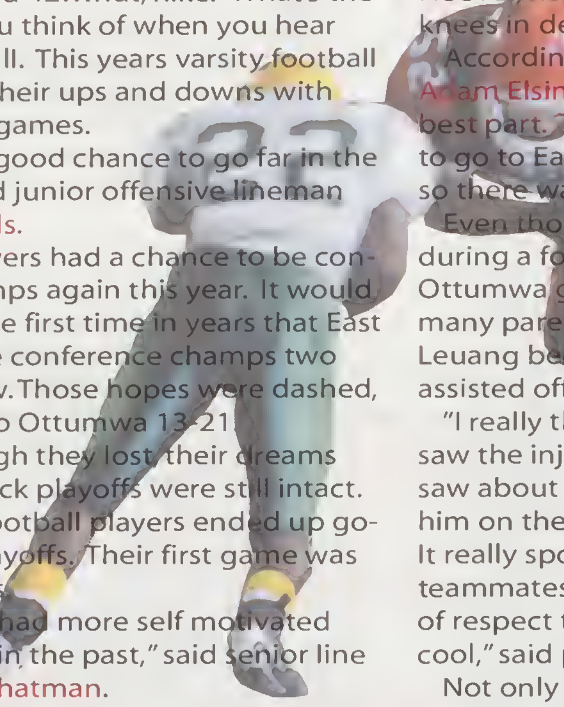
Many sophomores were given the opportunity to dress and play for varsity games. It is thought to be a great opportunity because it gives them a better feel for what next year will be like being on the varsity team.

“I’m really glad that I got the chance to dress and play for the varsity games; it’s really opened my eyes to see what next year will be like,” said sophomore Zak Jones.

Sack that quarterback.” Players get ready to charge at their Bulldog rivals.

Tackle and Block

Story/Layout By: Nadia Tyler



Red 42…red 42…hut, hike! What's the first thing you think of when you hear that? Football. This years varsity football players had their ups and downs with the seasons' games.

"We had a good chance to go far in the playoffs," said junior offensive lineman Kenny Nichols.

Varsity players had a chance to be conference champs again this year. It would have been the first time in years that East would be the conference champs two years in a row. Those hopes were dashed, as they lost to Ottumwa 13-21.

Even though they lost their dreams of back to back playoffs were still intact. The varsity football players ended up going to the playoffs. Their first game was against Ames.

"I think we had more self motivated players then in the past," said senior line backer Will Chatman.

Starting off their season 0-3 loosing to Dowling, Ames, and S.E. Polk; they came back at the S.C. West (Sioux City West) game.

Their momentum continued as Lincoln, Hoover, Roosevelt, and North fell to their knees in defeat.

According to junior, offensive lineman, Adam Elsinga beating Lincoln was the best part. There were people that used to go to East that transferred to Lincoln, so there was a big rivalry.

Even though a lot of injuries do occur during a football season, an injury at the Ottumwa game was especially noted by many parents. Senior line backer Kurtis Leuang became injured, and had to be assisted off the field.

"I really thought it was neat. When I saw the injured player on the sidelines, I saw about 8 to 9 kids walk over and pat him on the back or kiss him on his head. It really spoke a lot about him and his teammates. It shows that there's a lot of respect there, and that was just really cool," said parent Angie Kerber.

Not only do the people at East respect each other, but they make goals and try to get past the stereotyping.

"I think that the season went great. Lots of people didn't think we were going to do as well as we did," said assistant coach Carl Drautz.

On September 26, the varsity boys [illegible]ed Lincoln. It was the second year for the sport hall of famers to be in the spotlig

"They're

Varsity football played Sioux City West and won, 34 -13. It was their first win of the season.

Season Stats

Dowling	21-48 L
Ames	13-29 L
SEP	8-50 L
SC West	34-13 W
Lincoln	27-7 W
Hoover	49-0 W
Roosevelt	34-8 W
Ottumwa	12-21 L
North	13-6 W
Ames	13-28 L

ke my brothers, we're all family.”

Boys Season Stats

Valley	40-136 L
Johnston	39-137 L
Husky 8ear Invite	4th
Johnston Invite	4th
Mason City	65-105 L
Ottumwa	81-89 L
Ram Invite	3rd
Roosevelt	62-108 L
Hoover North	87-83 W
Lincoln	75-95 L
Conference	5th
Districts	5th

VS

Girls Season Stats

Marshalltown	39-131 L
Mason City	27-67 L
Grinnel	81-106 L
Indianola	15-79 L
Perry	73-21 W
Roosevelt	38-132 L
Perry	127-38 W
Hoover	74-96 L
Lincoln	70-113 L
Fairfield	87-79 W
North	94-76 W
Ram Invite	4th
Newton	44-124 L
Conference	3rd
Districts	9th

Grant Voshell (11) takes a breath during his freestyle sprint. Voshell swam breast and sprints throughout the season.

Aubrey Roland (9) and Jacob Sable (12), buzz off Tyler Vry's (11) hair. Both teams shave the night before districts.

What goes around comes arond, just like a flip turn

Royan Johnson (11) takes a dive for his link in a relay. Two varsity relays broke into the top 5 times [illegible] the 200 free relay.

Girls mess around during pool party at the beginning of the season. Many get-togethers were held throughout the year.

Sink or Swim

Story/layout by Megan Lein

"Back in Black" after 5 years with Norwalk and Lincoln was the boys' swimming motto after they split from the 3-school-team.

"They were a good team and we lost a few good swimmers, but we got lots of newbies and had a great season," said junior Tyler Vry.

The boys were not the only ones to split with the group. Girls head coach Stan Thompson has decided to retire from coaching after 38 years with East.

"It was a very tough decision to decide to quit," said Thompson. "I just think I need to ease out of some things. It takes a lot of time; it was a lot of little things that made me decide to retire, like family for one."

All of the girls were shocked after receiving the news. For some it was bittersweet, but no one could hide their tears.

"I was really surprised; he was a good coach and he helped me improve a lot. I am going to miss him," said freshman Lily Van Gundy.

According to boys asst. coach Dustin Cassler, the boys entered the season with a good number of swimmers. With 7 returning swimmers and 23 unexpected newcomers, the team was surprisingly large. To add to the excitement, the only senior lost was Jacob Sable.

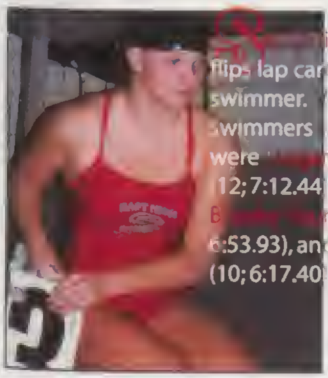
"Although we didn't make it to state we are in good shape for next year. Everyone dropped time and we were really close to making it to state in several events," said Cassler.

With both teams having losing seasons due to poor grades and injuries, the teams had many disappointments.

Senior Brittany Wilkinson said, "I was really expecting to make it to state this year, but because of my injury I didn't get the time I wanted, so it was heartbreaking."

Throughout ups and downs, the teams stayed together. Dinners, potlucks, and hanging-out were many swimmers' favorite pastimes. Both teams had newcomer swim parties and shaving parties the night before districts.

"I got in a car accident on the way to the district dinner. All the girls understood and tried to help me feel better," said junior Katie Mitchell. "I ended up swimming and getting my best time. Our team is like a family, because we are always there for each other."



S[illegible]ie Nowels (9) flips lap card for a 500yd swimmer. Varsity 500yd swimmers this year were [illegible] Thurmond (12;7:12.44), B[illegible]ng (10; 6:53.93), and Megan Lein (10;6:17.40).

Stride for Success

Story/Layout by: Kylie Vry

A new year, new team and new coach; these are all the basic things that helped the boys and girls cross country team come out on top.

Being a new coach always has its tolls but it seems to work out just right.

"It was definitely a great year for education," said girls' head coach **Chris Kannapel**. "Not just for the team, but for me as well."

Not everybody loves the feeling of pressure but sometimes it sure pays off.

"The coaches definitely pushed us until we couldn't give any more," said senior **Zoila Sarmiento**. "I guess that worked for everyone because by the end of the season everyone was a lot stronger and faster."

Hard work is something that everybody on the team had to buy into. If you didn't give it your all, what was the point of even trying?

"It was definitely different coaching here but when the team finally came to understand and meet the expectations they started to see success," said Kannapel. "When they saw success, they started to buy into the work and time that they needed."

The co-ed cross-country team worked everyday at 3 p.m. rain or shine, and on Saturdays practice was at 7 a.m.

"We worked extremely hard everyday and it was great to see the improvement," said senior **RJ Harris**.

The hard work definitely paid off and it really showed.

"I was very happy with my results," said Sarmiento. "Compared to the beginning of the season, I finished very strong. At one meet, I dropped 3 minutes off my time. I was ecstatic to the point of crying. I don't think anyone will ever forget that moment."

Although throughout the season the team's roster shrank enormously, they ended with a strong group of individuals and an amazing season.

"We had a lot of fun working together and that just made us closer as a team," said junior **Jocelyn Brown**.

Sophomore Jos Dunn gives it his all against the opponents. Running takes a lot of hard work and persistance, you have to be i really good shape.

"Senior night was a success. The team had a lot of fun and worked really hard.

"I was ecstatic to the point of crying...I don't think anyone will ever forget that moment."

Boys Season Stats

SEP Invite	9th
Urbandale Invite	Incomplete
Hoover Invite	4th
Johnston Invite	4th
Valley Invite	7th
Ames Invite	4th
Newton Invite	7th
Waukee Invite	3rd
Ankeny Invite	9th
East Augustine Invite	3rd
CIML Metro Conference	4th
District	7th

Girls Season Stats

SEP Invite	Incomplete
Urbandale Invite	13th
Hoover Invite	5th
Johnston Invite	5th
Valley Invite	8th
Ames Invite	5th
Newton Invite	8th
Waukee Invite	6th
Ankeny Invite	8th
East Augustine Invite	4th
CIML Metro Conference	4th
District	9th

The team goofs around after a long meet. Senior said the "team got along great together."

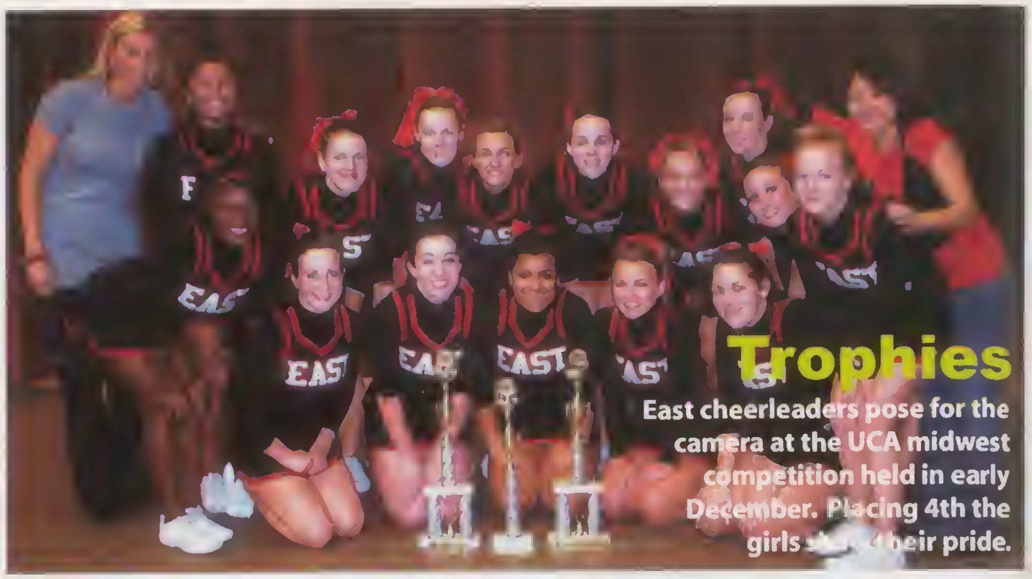
CHEERLEADING CHAMPIONSHIPS
EAST
IOWA CHEERLEADING COACHES ASSOCIATION

“Scarlets!

Yeah! We are here.. East High School, this is our year.! E-A-S-T. Eastside pride. We’re going all the way we’ll push you aside ”

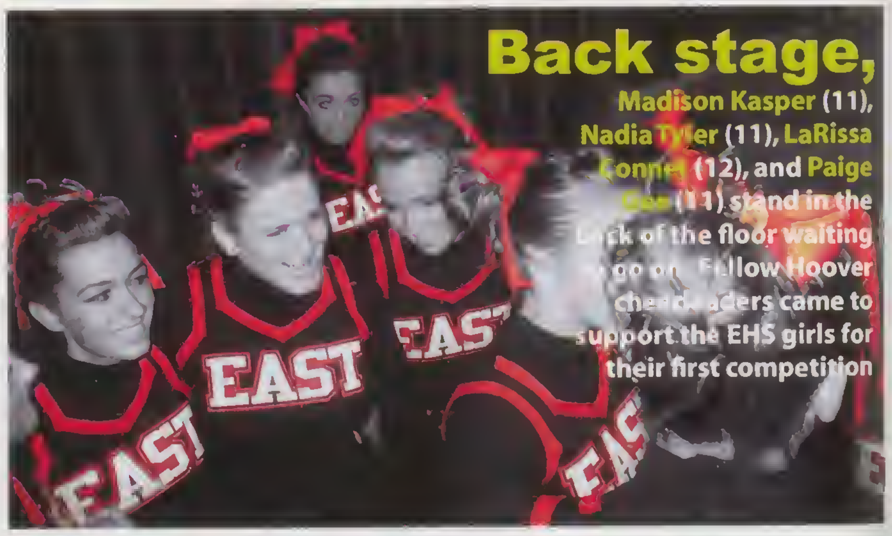
Competition Criteria

Stunt Difficulty
Technique
Motions
Transitions
Jumps
Tumbling
School Spirit



Trophies

East cheerleaders pose for the camera at the UCA midwest competition held in early December. Placing 4th the girls showed their pride.



Back stage,

Madison Kasper (11), **Nadia Tyler** (11), **LaRissa Conner** (12), and **Paige Gee** (11) stand in the back of the floor waiting to go on. Fellow Hoover cheerleaders came to support the EHS girls for their first competition

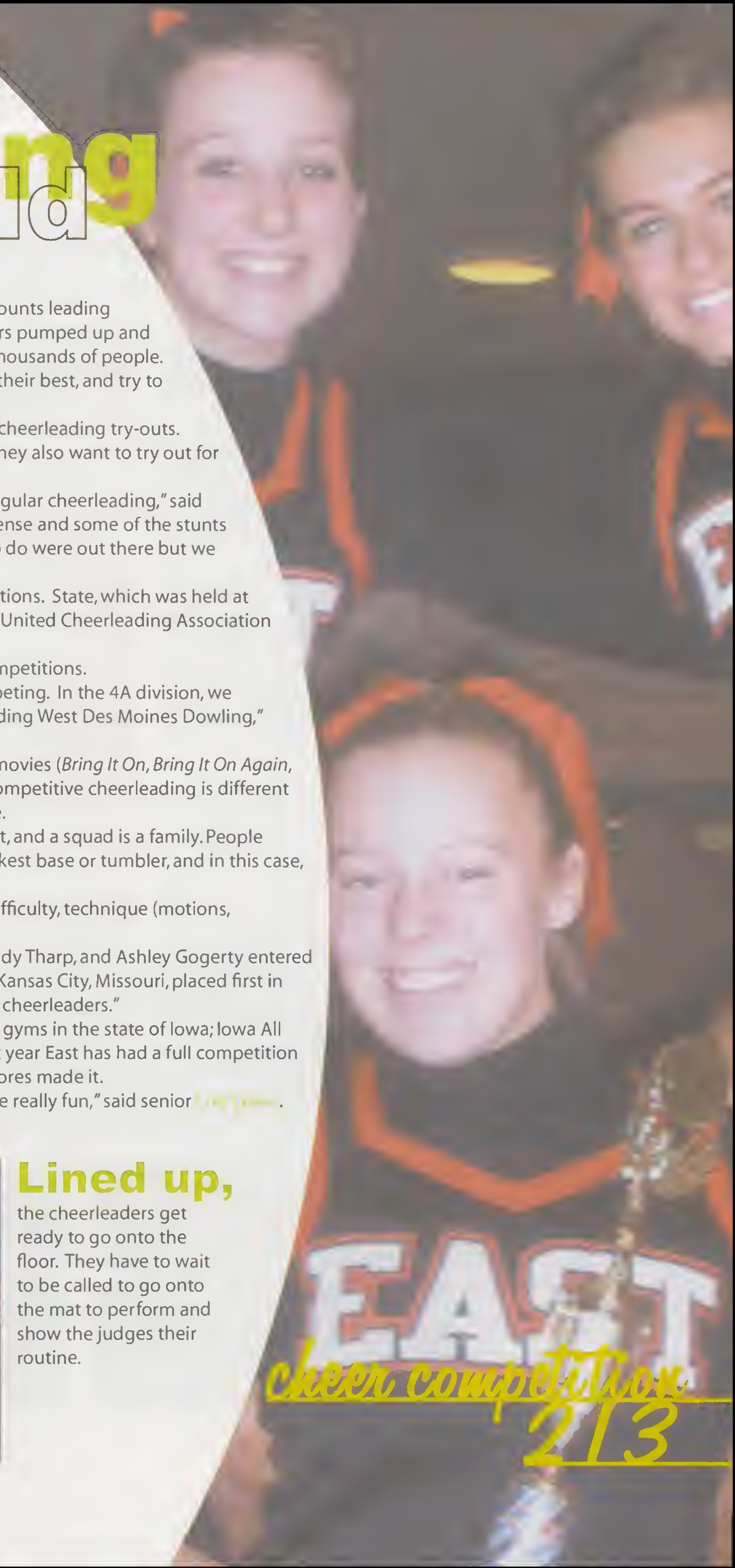
Just Dance.

As the Cheerleaders end their dance they transition into their cheer.

HIGH SCHOOL CHEERLEADING
EAST
IOWA CHEERLEADING COACHES ASSOCIATION

Cheering for gold

Story Layout By: Nadia Tyler



"Five…and five, six, seven, eight." These are the counts leading up to the routine; coaches getting their cheerleaders pumped up and ready to go to perform their hearts out in front of thousands of people. Coaches preparing them to go out on the floor, do their best, and try to win the gold.

Try-outs for competition are the same as regular cheerleading try-outs. They're held in April, and the cheerleaders mark if they also want to try out for competitive cheerleading or not.

"Competition cheerleading is a lot harder then regular cheerleading," said sophomore [illegible]. "The practices are more intense and some of the stunts and tumbling that the choreographer wanted us to do were out there but we practiced twice a week and hoped for the best."

East's competition squad competed in 3 competitions. State, which was held at Vets, Winter Feast, held at Ankeny High School, and United Cheerleading Association (UCA) was also held at Vets.

The cheerleaders took 9th, 4th, and 4th in these competitions.

"I think we did very well for our first year of competing. In the 4A division, we placed above many large schools in the state, including West Des Moines Dowling," said cheerleading coach [illegible].

Many know competition cheerleading from the movies (*Bring It On*, *Bring It On Again*, etc.). But to many cheerleaders across the nation, competitive cheerleading is different than what you see in the movies. It's so much more.

According to most people, practice makes perfect, and a squad is a family. People often say that the squad is only as good as the weakest base or tumbler, and in this case, they're right.

Judges judge the cheerleading squad on stunt difficulty, technique (motions, transitions), jumps, tumbling and school spirit.

In March 2008, cheerleaders LaRissa Connett, Randy Tharp, and Ashley Gogerty entered the Cheerleaders of America (COA) competition in Kansas City, Missouri, placed first in their divisions, and became East's first "competition cheerleaders."

There are a number of competition cheerleading gyms in the state of Iowa; Iowa All Stars, Urbandale All Stars, etc. This year was the first year East has had a full competition squad. 13 cheerleaders from varsity and 2 sophomores made it.

"I loved competing in the competitions, they were really fun," said senior [illegible].

Lined up, the cheerleaders get ready to go onto the floor. They have to wait to be called to go onto the mat to perform and show the judges their routine.

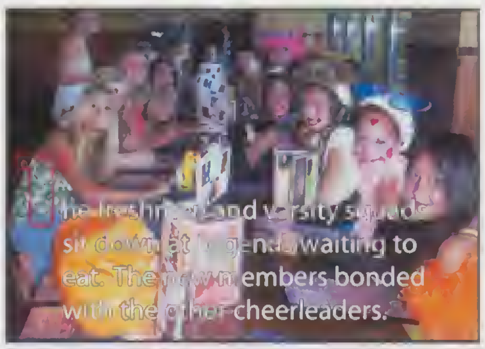
“I love cheerleading, we get to

Cassandra Lemthi (10) and Brenda Baccam (10) pose for a picture at the lock-in on Sept. 26. This new tradition started in the 07-08 school year.

J.V. and freshman cheerleaders get ready to fire up the crowd at the homecoming assembly. ‘Where ya from?!’ is a favorite among the students.

Miranda Mason (9) and Kaitlin Cortez (9) get ready to pump up the football players.

The sophomore cheerleaders pose for a picture at one of their football games.



The freshman and varsity squads sit down at Legends waiting to eat. The new members bonded with the other cheerleaders.

do a lot of really cool things."

The freshman cheerleaders pose outside of Legends. They were taken out to eat for a night of fun and bonding.

Cheer and Spirit

Story/Layout By: Nadia Tyler

Movies like *Bring It On* have the typical peppy, bratty, popular, dumb blonde cheerleader nailed down to a science. Because of these movies, people in real life stereotype these cheerleaders like this.

"I think that people stereotype us because they don't know us, and don't try to get to know us. They just base us on what we look like on the outside," said freshman Alex Davis.

This year the freshman and sophomore cheerleaders got to go with the varsity squad to a resort camp in Okoboji, Iowa. It was the first year that both squads got to go to camp. They learned new cheers, dances, and how to stunt.

"Camp was very different. I've never been to anything like it before. I was mad that we (the freshman last year) couldn't go, but it was really fun this year. I had a really good time," said sophomore Katie Hines.

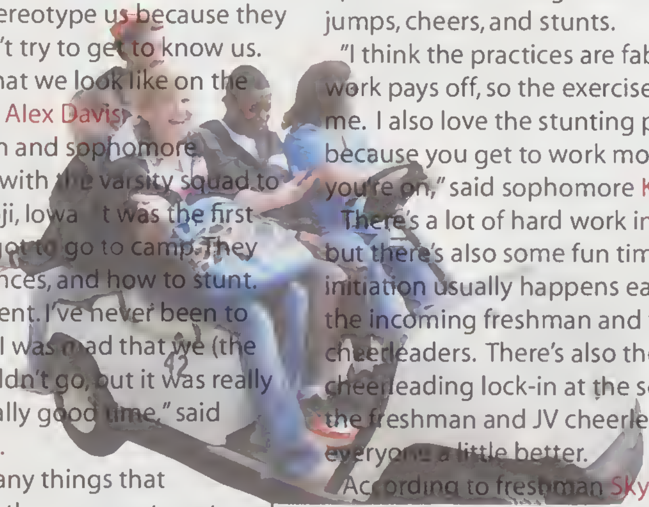
Camp is one of the many things that cheerleaders do during the summer to get ready for the school season. They also have practices every Wednesday and Sunday.

During these practices they usually start out with 3 laps around the school and follow that up with conditioning. Afterwards they work on jumps, cheers, and stunts.

"I think the practices are fabulous. The hard work pays off, so the exercises are really fun for me. I also love the stunting part of the practices because you get to work more with the squad you're on," said sophomore Kelsey Gile.

There's a lot of hard work in cheerleading, but there's also some fun times. An unofficial initiation usually happens each year with the incoming freshman and the other new cheerleaders. There's also the new annual cheerleading lock-in at the school. This helps the freshman and JV cheerleaders get to know everyone a little better.

According to freshman Skylar Funderburk, having these get togethers have brought her a lot closer to her friends on the squad and to the other cheerleaders.



Senior Cheerleaders!

heather seward

LaRissa Connett

RandySharp

Brittany [illegible]

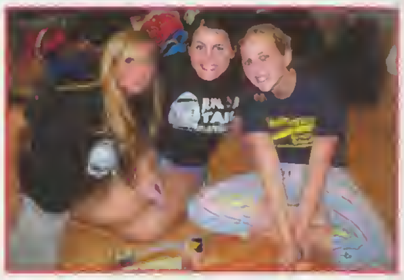
Katelyn Tappan

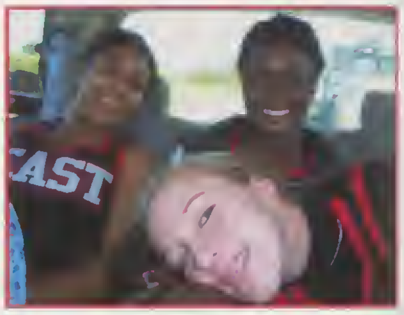
Lois Lewis

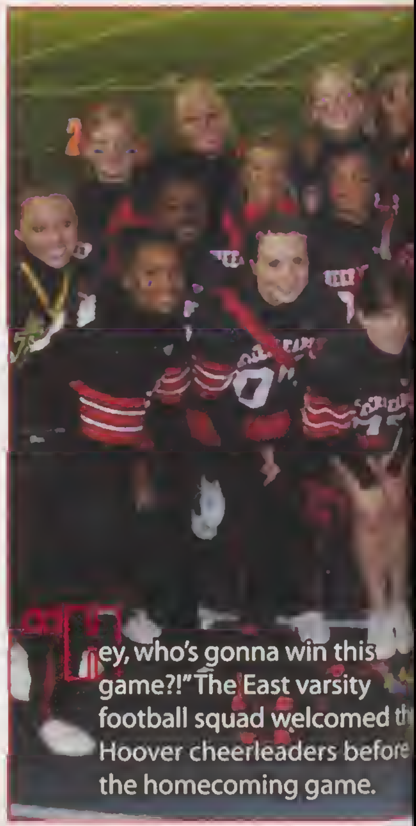
Ashley Cagely

To Cheer or not to Cheer... what kind of question is that?!

Chelsy Mongar (11), Katie Heggen (11), and Lorrie Kingen (11) relax during the lock-in on September 26 (below). Bottom, Desi Kerber (11), Lois Lewis (12), and Katie Nutt (11) take the opportunity for a photo shoot on the ride to Sioux City.







"Hey, who's gonna win this game?!" The East varsity football squad welcomed th Hoover cheerleaders before the homecoming game.

Smile and Spirit

story / layout by: Brittany [illegible]

"Cheerleading is all about the positive. Our job is to inspire, support, and electrify. Any fool can feel good when you're winning but when you're down 27 points in the fourth quarter that's when you gotta ask yourself; who are you gonna call?"

For the cheerleaders of East High, coached by **Kairsten Jack**, cheering is what they do… 'Go Big Red' can be done in their sleep and smiling is an everyday way of life. From hot, sweaty practices to cheering in the pouring rain at the game vs. SEP, it's safe to say the spirit is in full supply.

"We knew that you could sing in the rain but no one ever said anything about cheering in the rain," said senior **LaRissa Connett**.

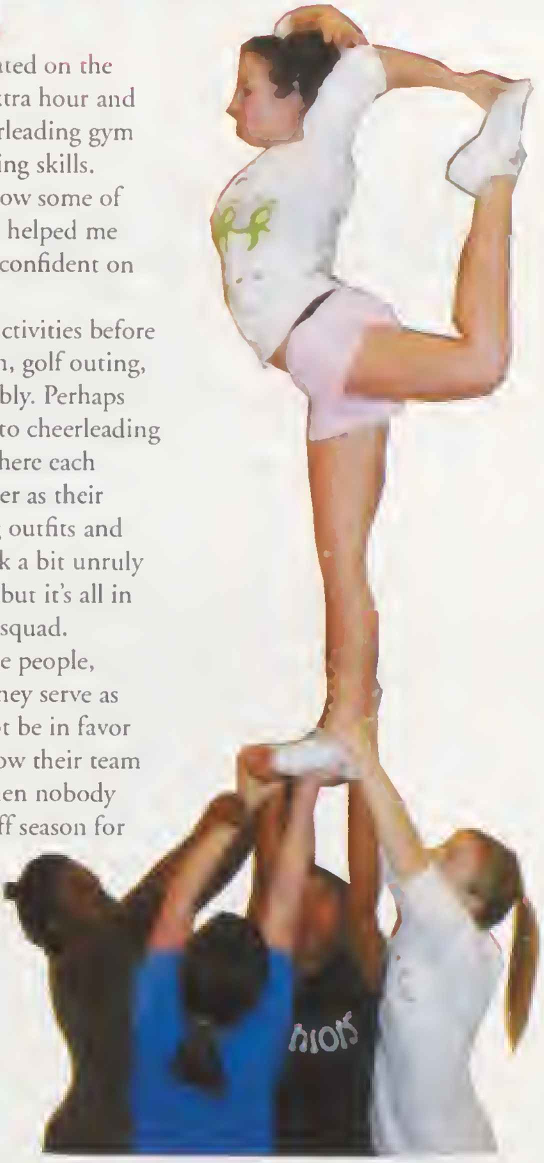
But before the actual season starts, the energetic individuals attended camp as a way to work together and become closer as a squad. This year they went to Lake Okoboji, where along with memories, they took home several awards including the banana, a coveted spirit award that symbolizes the ultimate level of pride. Though it was the last year of camp for some, it was a chance for others to learn how to become leaders.

After returning home from camp, the practices were in full swing. Practice is held twice a week for two hours. The cheerleaders who participated on the competition squad also practiced for an extra hour and some chose to go to Iowa All Stars, a cheerleading gym in Ankeny, to learn or further their tumbling skills.

"Going to All Stars helped me get to know some of the cheerleaders and coaches better. It also helped me improve my tumbling so I could be more confident on the gym floor," said senior **Randy Tharp**.

Besides the actual cheering, important activities before and during the season include the car wash, golf outing, lock-in, pep rally, and homecoming assembly. Perhaps the most unofficially official introduction to cheerleading is initiation. It is an unwritten tradition where each varsity cheerleader has a new squad member as their own. They dress them up in embarrassing outfits and parade them around at the fair. It may look a bit unruly to those who don't know what's going on, but it's all in good fun and is a crucial way to bond the squad.

Although it may not seem like it to some people, cheerleaders are vital to sporting events. They serve as an athletic support when the score may not be in favor of the Scarlets. They cheer even if they know their team is not being given fair calls. They cheer when nobody else is yelling back… so there truly is no off season for cheerleaders.



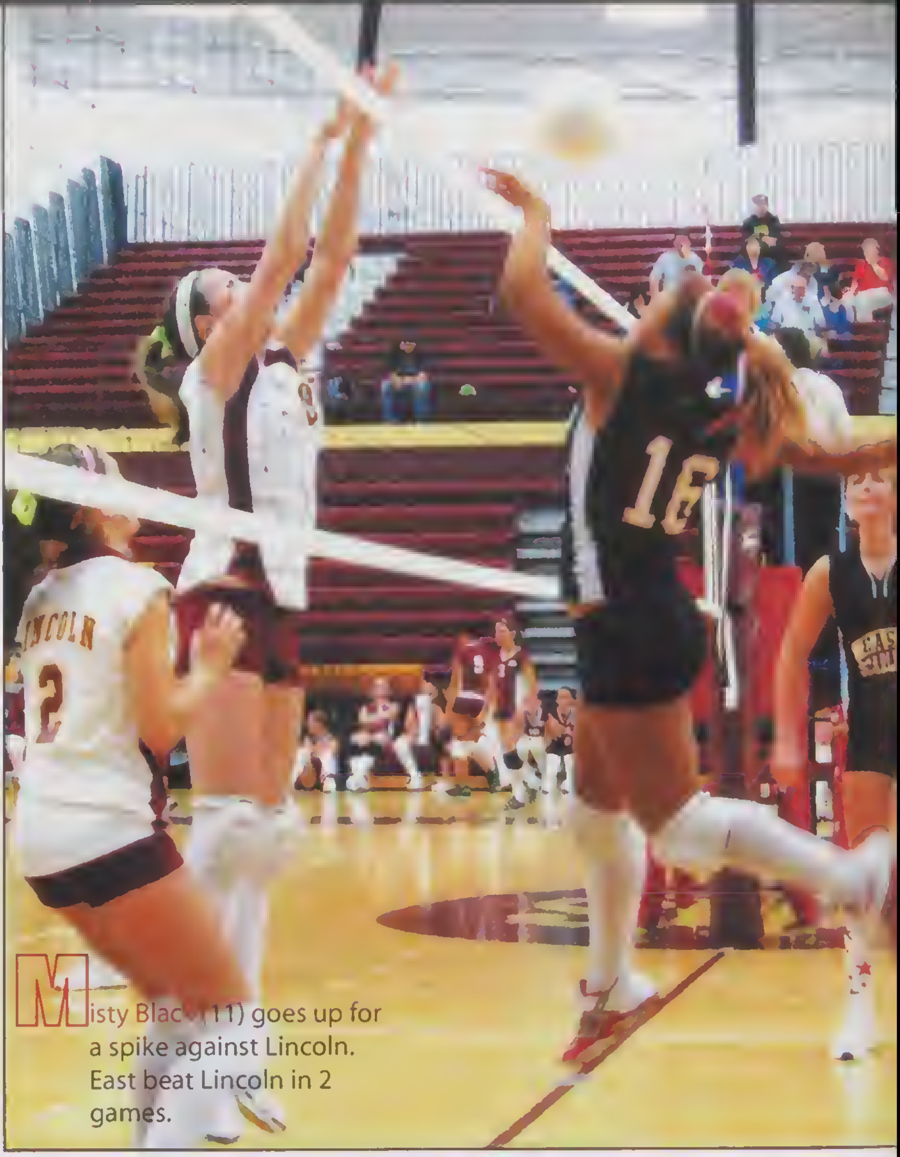
"Try stuntin' on me and i'll stunt way harder." Katelynn Tappan (12) pulls a scorpion during competition practice.

"Get your head in the game." Bria Johnson (11) and Nadia Tyler (11) show off their game faces as they get ready for another day of camp.

“Next year I think we'll come back ev

Freshman Season Stats

Marshalltown	25-4,25-22
Mason City	25-9,27-25,15-11
Indianola	21-6,21-1 25-8,25-8 21-6,21-14
Lincoln	21-11,21-8 21-5,21-9
Waukee	25-8,25-8
Newton	21-11,21-4 25-20,25-23,15-7
Norwalk	21-8,21-18 21-5,21-9
ADM	21-10,21-16
Johnston	21-6,21-15
Roosevelt	25-16,25-6 25-22,25-17,16-14
Ankeny	21-2,21-6 21-13,21-5
Oskaloosa	21-19,21-16
Hoover	25-21,25-20
Dowling	21-6,21-12
Ames	21-19,21-11
Valley	21-18,21-9
Clarion/Goldfield	21-7,21-10
North	25-9,25-12
Ottumwa	21-8,21-11 25-16,25-13
Southeast Polk	21-17,21-7



Misty Black (11) goes up for a spike against Lincoln. East beat Lincoln in 2 games.

EAST
EAST
13

Freshmen stand at the net while a fellow teammate serves the ball. They beat North in 2 games.

EAST
13
EAST
12
16

stronger

Serve and Receive

Lincoln serves the ball over the net but sophomore Tera Rhoades is already there waiting for it and pops it up with ease to sophomore setter Holly Prettyman.

Story/Layout by: Kate Hurley

All three volleyball teams beat North on East senior night.

"It was fun for us all to get a win under our belts," said junior Misty Black.

Almost all the girls on both the JV and Freshman team had played volleyball in previous years.

"I played in middle school," said freshman Jayde Sleeth.

The girls put a lot into this season as far as scrimmaging and conditioning.

Freshman coach Beth Widlund worked the girls hard, having them run stairs and do all sorts of agility drills.

"We worked really hard and I think we all got a lot better from it," said freshman Erin Stanley.

The girls are all eager for next season and have positive attitudes about improving and coming back even stronger as a team.

"I'm excited for some of the camps we do over the summer, like last summer we did the Grandview camp," said Sleeth. "That was when coaches from the Grandview volleyball team came and worked with us for 3 days."

The JV and freshman teams started off bigger than usual this year with 23 girls on JV and 15 on the freshman team. Many of them plan on playing again next year.

"This season was fun but I'm excited to see what will happen next year now," said junior Angelica Lawson.

One thing all the girls could agree on was that they all made new friends and got to know each other a lot better.

"I made a lot of new friends this season and got to play with new people which was exciting," said sophomore Vannessa Gobb.

Freshman and JV year is all about learning and mastering basics of volleyball, and everyone agreed the teams came a long way from where they started.

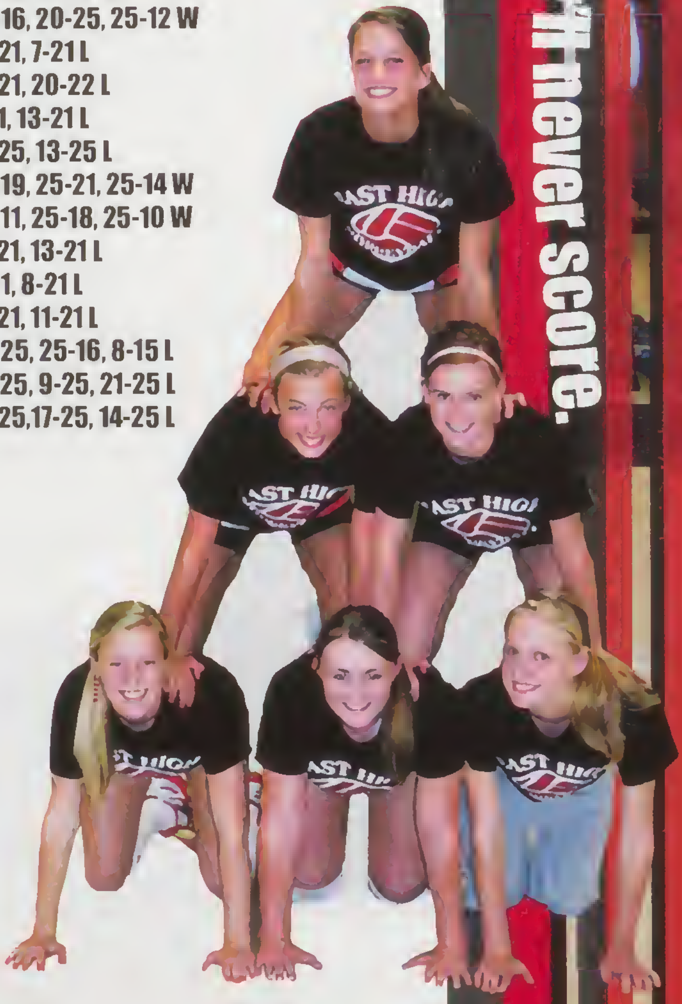
"We improved a lot and were all just trying to work our way up to eventually play on varsity," said Black.

Girls cheer on their teammates while they wait to get in the game. East played North at their last home game.

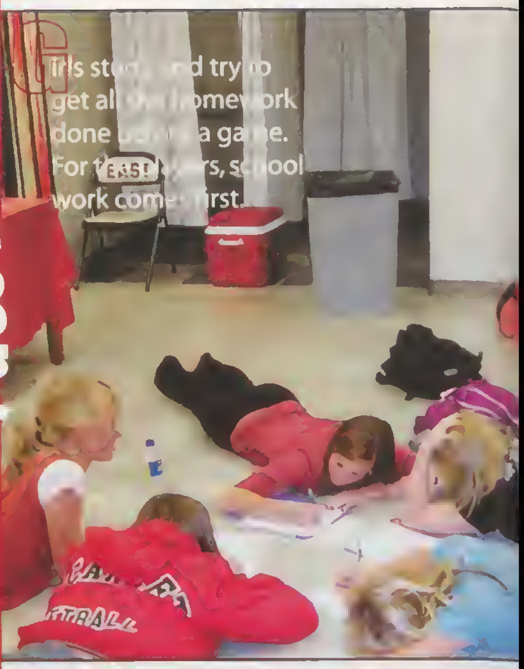
Freshmen call a time out to refocus before taking the court again.

Varsity Season Stats

Marshalltown	19-25,11-25,18-25 L
Boone	15-21, 12-21 L
Urbandale	11-21, 8-21 L
Nevada	3-21, 15-21 L
Ft. Dodge	11-21, 20-22 L
Mason City	11-25,21-25, 25-27 L
Ames	10-21, 11-21 L
Oskaloosa	20-22, 17-21 L
Urbandale	13-21, 18-21 L
Indianola	22-25, 18-25, 17-25 L
Roosevelt	12-25, 19-25, 19-25 L
Waukee	12-21, 13-21 L
Charles City	21-19, 19-21, 5-15 L
Cedar Falls	21-19, 21-18 W
Waterloo West	14-25, 26-24, 13-15 L
DSM North	21-16, 21-8 W
DSM Hoover	23-21, 21-9 W
Saydel	22-20, 21-11 W
DSM Hoover	25-16, 20-25, 25-12 W
WDM Valley	16-21, 7-21 L
Indianola	13-21, 20-22 L
Heelan Sioux City	7-21, 13-21 L
Oskaloosa	10-25, 13-25 L
DSM Lincoln	25-19, 25-21, 25-14 W
DSM North	25-11, 25-18, 25-10 W
Dowling	14-21, 13-21 L
Marshalltown	6-21, 8-21 L
Waukee	12-21, 11-21 L
Jefferson Scranton	20-25, 25-16, 8-15 L
Ottumwa	22-25, 9-25, 21-25 L
Newton	15-25,17-25, 14-25 L



You can hit at us but you'll never score.



Girls study and try to get all their homework done before a game. For these players, school work comes first.

Set and Spike

Story/Layout by: Kate Hurley

With a good pass from sophomore Kaci Young, junior setter Jade Kreutz sets the ball high and outside for senior Missy Ulmer to crush into the ground on the opposing side of the net.

"This season was really fun and we had a lot of talent on the team," said Ulmer.

The girls all agreed they were extremely close to each other this year.

"I think we did so good this year, we came a long way and had fun doing it," said Young.

They did team bonding at the fair and had a contest to see who could collect the most temporary tattoos in ten minutes.

"I think all of us are very competitive in pretty much anything we do even if its just to see who can get the most tattoos," said Kreutz.

Varsity won their first tournament at the Saydel Invitational. They went undefeated the whole day, and at the end they each got gold medals.

"We all thought it was cool to get a medal for winning a tournament," said junior Taylor Luft.

Prior to a home game they liked to go to subway where they "ate fresh" and then just goofed off in their locker room.

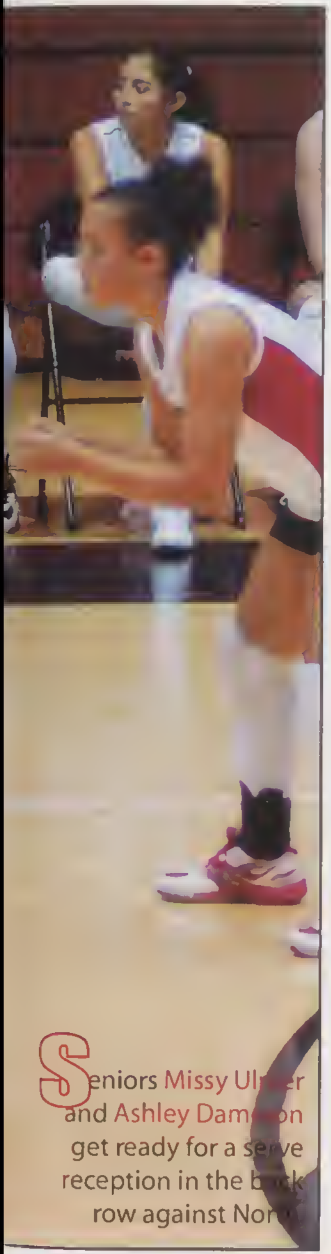
"Some of the craziest stuff happened in the locker room before games, like dancing around and doing handstands against the wall," said junior Kayla Wisnousky.

The season went by quickly for the only two seniors on the team, Ulmer and Ashley Dameron. Both girls played all 4 years in high school.

"The season was fun, I'm just really sad that this was my last year," said Dameron.

"One of the best parts of camp is we all get T-shirts and this year they were hot pink," said Wisnousky.

They ended the season third in their conference and all the returning players said their excited to see what they can do next year.



Seniors Missy Ulmer and Ashley Dameron get ready for a serve reception in the back row against Nor

Guard and Pass

Story/Layout by: Madison Kasper

"Two more, two more, come on Scarlets let's up that score!"

The freshman basketball team kicked off its season with a rough start.

"In order to better ourselves as a team, I think we needed to focus on working together. The more we ran plays at practice and played as a team, it really showed out on the court," said freshman Riley Bacon.

According to coaches, freshman basketball isn't always all about winning. With a variety of kids it takes some time getting used to playing with one another. It's more of a growing stage. You learn what high school basketball is all about and you prepare yourself for the varsity level.

"Even when we are down by a lot of points, I still put 100% of my effort into the game because there's always a chance of coming back and winning," said freshman Cole Myers.

According to the players, Lincoln was their favorite game because they played well together and won.

"We played the best I think we ever played. We all worked together and I could tell that we all put a lot into that game," said Bacon.

According to the JV team, the North game was one of their favorites. It was the second game and they were down by 15 in the first half and they came back taking the lead and winning by 6.

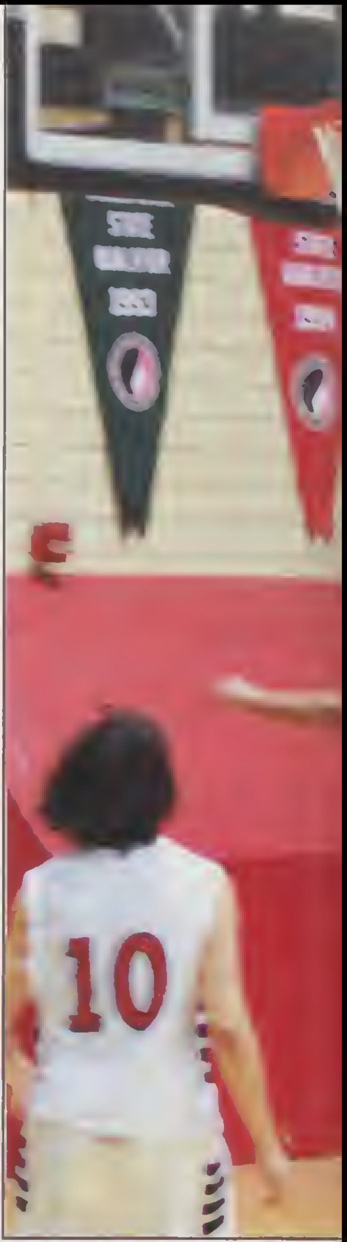
"The North game was really exciting and it was definitely one of my favorites because not many people thought we would come back and win and we did," said sophomore Alex Van Gundy.

At practice they worked on different drills such as speed and practicing plays. Coaches were set on making the team better as a whole but also focusing on making each individual better.

"Practices were fun; I really liked when we scrimmaged against the freshmen. That way we could work on both offense and defense," said sophomore Conner Kouri.

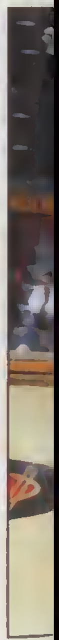
Many of the sophomores received the opportunity to dress and play for varsity games. According to those who had the opportunity, it was a great experience.

"I was able to play for varsity and I really enjoyed it. It was really cool that I got to play on a higher level," said sophomore Louie Ingoli.



Defense defense! Riley Bacon (9) guards North Opponent .

Down the floor, down the floor shoot it score! DeShawn Cason (10) makes his way to the basket for a lay up.



"Practices were hard but really fun," said Conner Kouri.

Matt Grove (10) sets in for a play. His attempt at a hard shot came out successful

Freshman Season Stats

SouthEast Polk	32-59 L
Fort Dodge	60-66 L
Waukee	33-94 L
Roosevelt	47-60 L 51-62 L
Urbandale	56-69 L
Lincoln	40-49 L 64-56 W
North	44-60 L 53-55 L
Johnston	44-64 L
Ames	35-62 L
Hoover	43-55 L 27-36 L
Valley	40-75 L
Ankeny	48-74 L
Dowling	31-62 L
Ottumwa	39-57 L
Mason City	57-81 L
Indianola	43-55 L

Junior Varsity Season Stats

SouthEast Polk	49-69 L
Fort Dodge	65-77 L
Council Bluff	55-53 W
Waukee	53-56 L
Roosevelt	60-48 W 52-60 L
Lincoln	44-51 L 50-48 W
North	57-52 W
Johnston	38-53 L
Ottumwa	35-41 L 48-42 W
Ames	53-40 W
Hoover	45-55 L
Valley	35-56 L
Urbandale	38-54 L
Ankeny	34-48 L
Dowling	34-73 L
Mason City	58-66 L
Indianola	60-32 W

[illegible] (12) sets a screen so fellow teammate [illegible] (11) can get by and score an easy 2 points.

Pivot and Pass

Story/Layout by: Kate Hurley

Out with the old and in with the new was what the varsity boys basketball team went after. With their new head coach Jim Nahas, the boys worked hard and adjusted to what the new season would bring.

They pushed themselves trying to better their skills.

"The coaches really motivated us and were just as into it as we were," said junior Tyler Jensen.

The season started out rough, but as it progressed the team bonded and it showed on the court.

"It was tough getting used to the new strategies but we got the hang of it," said senior Eric Feldmann.

The team experimented and weren't afraid to take risks. They tried out things from a number of different playbooks. The opposing team never knew what to expect.

"If the plays worked we kept running them and if they didn't we just didn't use it," said Jensen.

They tried out new techniques on both defense and offense. Their offensive strategy was called a motion offense, where they pass with sharp and swift cuts across court.

"We try to slow the game down and make the smart plays," said Feldmann.

The boys nailed lay ups, free throws, and 3-pointers. The main goal was to put up as many shots as possible.

"It feels good to make a 3 and hear the crowd go crazy and cheer you on," said senior Gage Rhoades.

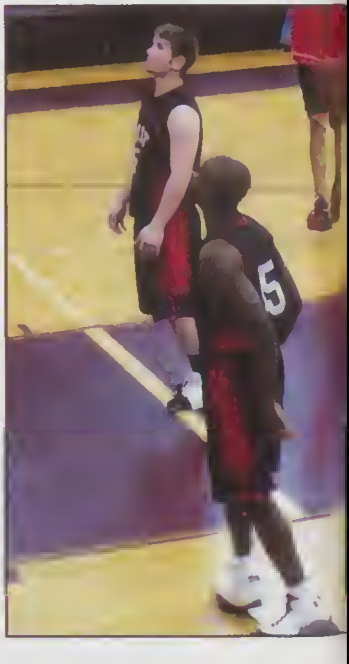
The guys were aggressive in recovering rebounds and picking the ball off the opposing team.

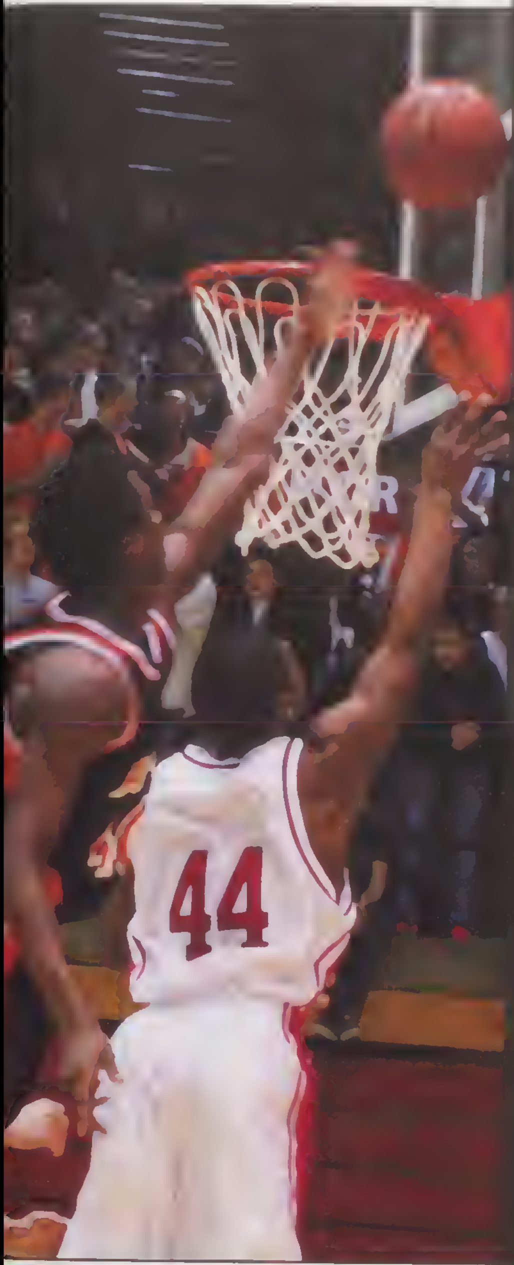
"We definitely counted on Eric to jump up and get the rebound," said junior Devontray Heard.

The guys showed real dedication having practice 6 days a week.

"We had to practice a lot and even though it was hard and it took a lot of endurance it payed off," said Jensen.

They also showed support for the girls who played before them, by watching and cheering them on as they mentally prepared themselves for their own game.





"WE TRIED TO ALWAYS MAKE THE SMART PLAYS."

[illegible] goes up for a successful lay-up. He scored the first 2 points of the game.

Varsity Season Stats

SE Polk	37-58 L
Fort Dodge	46-77 L
Council Bluffs	44-59 L
Waukee	57-72 L
Roosevelt	54-71 L, 53-76 L
Lincoln	46-50 L, 41-72 L
North	61-68 L, 67-77 L
Johnston	52-80 L
Ottumwa	45-54 L, 46-61 L
Ames	45-83 L
Hoover	40-59 L, 42-64 L
Valley	41-55 L
Urbandale	41-67 L
Ankeny	64-72 L
Dowling Catholic	39-82 L, 28-46 L
Mason City	65-74 L
Indianola	50-46 W

Guys warm up at half time during the Ankeny game with the Scarlets only down by 3.

Alyssa Espinoza (9) fights for the ball against Valley. They lost the game but had a high competitiveness level all season.

"She's as big as a house! Get the ball to Friday!"

Freshman Season Stats

Mason City	54-41 L
Indianola	64-26 L
SE Polk	51-27 L
Fort Dodge	43-40 L
Waukee	44-26 L
Roosevelt	43-25 W
Urbandale	52-31 L
Lincoln	48-43 W
Johnston	52-33 L
Roosevelt	32-18 W
Ames	39-30 L
Hoover	49-41 L
Valley	59-42 L
Lincoln	44-40 L
Hoover	57-33 W
Ankeny	45-16 L
Dowling	44-31 L

JV Girls Season Stats

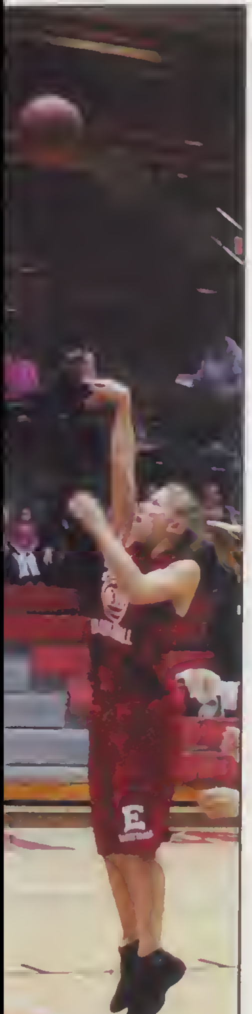
Mason City	54-43 L
Indianola	49-47 W
SE Polk	38-36 W
Fort Dodge	39-36 L
Waukee	44-25 L
Roosevelt	57-28 W
Lincoln	49-47 W
North	62-16 W
Johnston	45-33 L
Ottumwa	44-26 W
Roosevelt	55-33 W
Ames	49-31 W
Hoover	65-61 L
Valley	41-31 L
Lincoln	53-35 W
Hoover	49-45 L
Urbandale	51-24 W
Ankeny	55-52 L
North	58-18 W
Dowling	49-30 L
Ottumwa	58-28 W

The JV girls huddle up during a time out at the game in Ames. They won the game by seventeen points.

"A

Shoot. and Swish

Story/Layout by Alina McDaniel



itzgerald (9) makes a shot scoring two nts for the Scarlets. After games, she joyed going out to eat with the team.

Standing at the free-throw line sophomore Friday Chuol dribbles the ball and takes a deep breath. She hesitates for a few seconds and then shoots. The crowd is perfectly silent as the ball heads towards the net. All the other girls block out the opponent so that if Chuol misses they can get to the rebound first. The ball soars through the air and SWISH! She scores one point for the team.

The girls' basketball team had a great season this year with a good winning streak. This year they even added a new member to the team. The new head coach this year was Rob Newton.

Newton said he had a great first season and loves coaching at East.

It's been a lot of fun and I've learned a lot from Coach Powell. It was a good year," said Newton.

"I think he is cool because he didn't make us run as much as last year. For the basketball team, not running is a miracle," said sophomore Kelsey Waits.

According to the girls, having Newton as a coach this year was a big change from before.

Sophomore Jocelyn Brown said, "It took some getting used to. The coaches had to learn the plays and it took time to get to know each other. Everyone was pretty calm about it though, we didn't have any clashes between the JV and the coaches."

According to some of the girls, it was a great season because they all got to know one another better.

"The retreat before the season was fun. We had skits and games that brought us closer as a team. There was a skit with post against guards and it was showing how being a post is better than being a guard," said Brown.

Newton said that the girls were very competitive and always played hard during every game. He said that of even though they wanted to win one of the main things is to "increase their basketball IQ and get them ready for varsity level competition."

"I was very pleased with the level of competitiveness in every JV game. A big plus was they all improved their skill level, which was one of the main goals," said Newton.

According to the freshman coach, Thana Heller the grade 9 girls' basketball had a good season as well.

"Our goals were to try and get better as basketball players and as a team from start to finish, especially in basic skills, and defense. I definitely think that we did that. These kids worked hard to get better and just made so much progress from the start to the finish of our season. I am very proud of them. They were a lot of fun to coach, and watching them get better was so rewarding," said Heller.

According to Allie Fitzgerald and Alyssa Espinoza, the team was really close and had a lot of fun times.

"The bus rides were extremely fun. We just talked, had fun, and got to sit with the boys," said Fitzgerald.

The girls also like going to McDonalds and other fast food restaurants after the games.

"It was fun because we just got to hang out as a team and we talked about everything," said Fitzgerald.

According to Fitzgerald and Espinoza the best games were against Lincoln and Hoover.

"The first time we played Hoover they won, but the second time we totally killed them and won by like twenty-five points," said Espinoza.

Varsity Season Stats

Mason City	62-42 W
Indianola	57-41 W
SE Polk	51-20W
FT Dodge	40-25 L
Waukee	42-44 L
Roosevelt	54-49 W, 62-32 W
Lincoln	73-50 W, 49-33 W
North	79-18 W, 65-19 W
Johnston	42-40 W
Ottumwa	79-34 W
Ames	55-48 W
Hoover	40-22 W, 50-30 W
Valley	51-40 W
Urbandale	57-19 W
Ankeny	34-31 W
Dowling	35-43 L
Ottumwa	74-26 W
Lincoln(Regional)	62-26 W
Waukee(Regional)	43-47 L

I ♥ my Lady Scarlets.

Skylar Johnson(12) puts up a fight to make a basket. Scarlets playing their hardest during the Waukee Regional game.

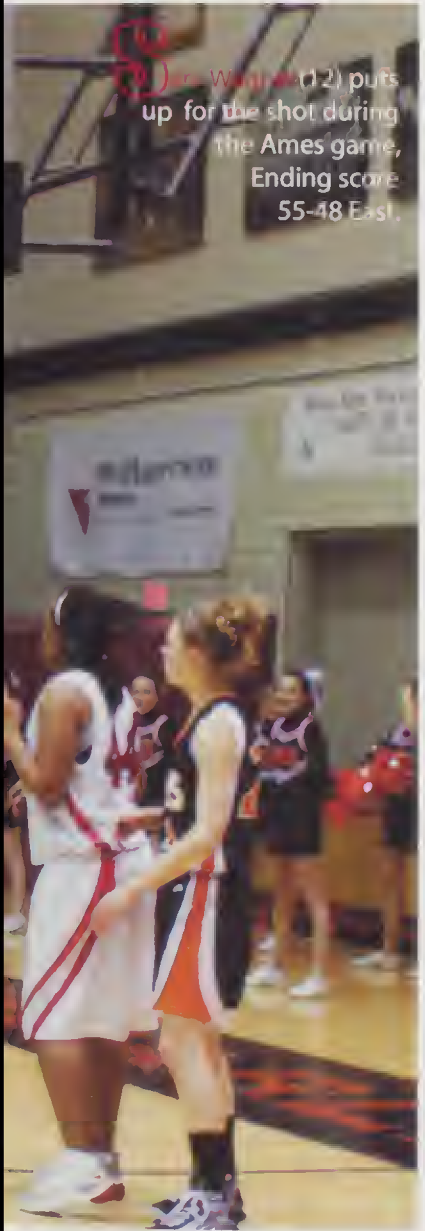
“You do or you dont, there is no try.”

Pride and Passion

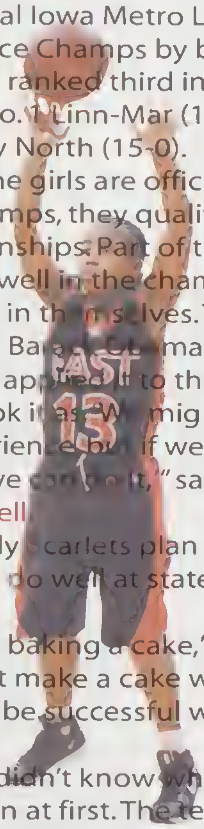
Layout By: Ashley Lovell

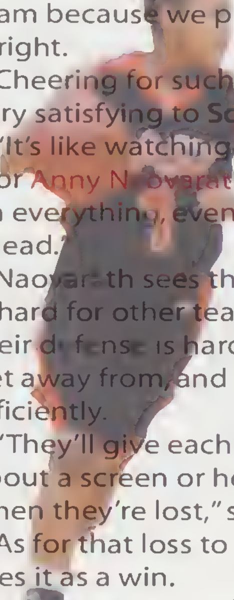
Story by: Katie Heggen

K[illegible] (12) blocks a warrior pass during the regional game.



S[illegible] (12) puts up for the shot during the Ames game, Ending score 55-48 East.





The Lady Scarlets have had an amazing season, losing one game by two points to Waukee. Another loss to Dowling brought their spirits down but, became the Central Iowa Metro League (CIML) Conference Champs by beating Hoover. The team ranked third in the state, behind No. 1 Linn-Mar (16-0) and No. 2 Sioux City North (15-0).

Since the girls are officially Conference Champs, they qualified for the State Championships. Part of the team's road to doing well in the championships was believing in themselves. The girls took President Barack Obama's saying "Yes we can," and applied it to their crusade.

"We took it as: We might not have the experience but if we work hard and believe, we can do it," said Head Coach Sam Powell.

The Lady Scarlets plan on playing like a team to do well at state, according to Powell.

"It's like baking a cake," said Powell. "You can't make a cake without flour and you can't be successful without teamwork."

Powell didn't know what to expect for the season at first. The team lost two big players from the previous year, but over the summer he observed that this year's team had an unusual quality.

"I noticed something special about this team," said Powell. "They have a lot of chemistry and talent. I thought they could be successful."

Sophomore center Markisha Wright, who averages 14-points-per-game, likes the chemistry of the Lady Scarlets.

"I really enjoy playing with this team because we play as a team," said Wright.

Cheering for such a talented team is very satisfying to Scarlets.

"It's like watching the WNBA," said junior Anny Naovarath. "They go all-out on everything, even if they're 20 points ahead."

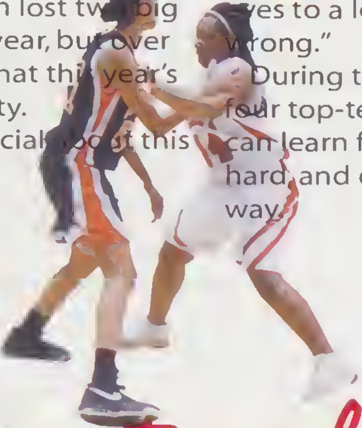
Naovarath sees that the girls' offense is hard for other teams to guard and their defense is hard for other teams to get away from, and they communicate efficiently.

"They'll give each other a heads up about a screen or helping someone when they're lost," said Naovarath.

As for that loss to Waukee, Powell sees it as a win.

"It's easier to teach off a loss than when you're winning by twenty points," said Powell. "It opened our eyes to a lot of things we were doing wrong."

During the season, the girls beat the four top-ten teams, showing that they can learn from their mistakes, work hard, and defeat whatever comes their way.



In the spotlight

Story/Layout by: Kylie Vry

There were 27 new additions to the East High Athletic Hall Of Fame. All of which were in graduating classes ranging from 1944-2007. Pictures of the new and old inductees can be found lining the cafeteria wall and wrapping around by the attendance office.

Most of those being honored were "shocked" or "completely surprised by it," like Chad McDonald who was inducted for achievements in baseball and graduated in '91.

The night started off in the cafeteria where the group enjoyed a meal catered by Hy-Vee. From there they were given a tour of their old high school by National Honor Society students and volunteers to see the changes it's undergone.

"It's good to be back," said McDonald. "The school has changed quite a bit."

Some of the inductees said they've kept up with the sports they played in high school, like Samantha Waters, class of '06.

"Currently I'm playing softball for UNI," said Waters. "I've thought about making it my profession, but it would be a lot of work."

Those who have been honored were led to the new gym where pictures were taken and past moments were savored. The honored alumni all had different stories to tell of where they'd been and what they'd been up to.

Bill Hearshman and his tennis doubles partner from high school enlisted in the Navy together, then he went on to marry the #1 girls' tennis player from East, Gloria Codner.

Chuck McQuerry, class of '56, accepted a scholarship to play football at the University of Iowa after his graduation. He has since passed on but will be remembered and honored for his great achievements.

The inductees and their families then attended the East vs. Lincoln varsity football game where they stood in the spotlight at East once again. While being introduced on the track before the game, the fans all clapped and cheered knowing that these people were representing the east side.

The honored names and achievements of these people will live forever in the heart of East tradition.

Inductees:

Dick Swanson, Bill Hearshman, Jack Shockley, Don Murray, Herk Campbell, Jack N. Terrell, Chuck McQuerry, Ted Tuinstra, "Jack" Johnson, Dick Eisenlauer, Rob Michelsen, Judy Forest, Don Shultice, Heidi Hecker Geiger, Lorrie Ginther Scully, Walter R. Humphrey Jr., Chad McDonald, Anthony Crum, Ashton Sauls, Nicole Kouri, Angie Baumeister, Samantha Waters, Becca Hurley, Ryan Brouwer, Wendell Webb, Dr. Robert Anderson, Richard "Dick" Johnson.

Ashton Sauls

was named to the IHSAA 2004 1st Football Team All State "Elite Squad" as a Defensive Back. Along with his State honors, Ashton was also named 1st Team All [illegible] Conference. He also holds the current state record for being the only player in state history to intercept 3 passes in one game, twice in his career. He is the East school record holder for most interceptions in one season with 7, in 2004, and most interceptions in a career with 13. Sauls also excelled in basketball by averaging 15.9 points per game during the 2004-2005 season. He was named to the 3rd Team All State Basketball Squad, 1st Team All District Team and played in the Class 4A Goal Setters All Star Game in 2005. He led the Scarlets to the 2005 State Tournament, where he scored 19 points in the first round game. After graduation, Sauls took his talents to DMACC, where he helped the Bears finish 8th in the nation at the National Junior College Atheltic Association Tournament. He is currently playing Division One basketball at North Carolina Central University.

Heidi Hecker Geiger

excelled in 3 sports (swimming, gymnastics and track). She earned 12 letters by lettering 4 times in each sport. In swimming she won numberous awards including State and District Diving Titles. Her junior and senior seasons, Geiger was selected to the Iowa-All State Swim team. She set 10 district Swim Meet Diving Records and set 6 East Varsity Diving Records. After graduating in 1983 she attended the University of Nebraska and was named to the NCAA All American Swimming Team, while also earning several Big 8 Conference Diving Championships.

Anthony Crum

excelled in baseball from 1994 to 1997. he was the starting second baseman, while also being one of the East top starting pitchers. His honors include: 1st Team All State "Elite Team" in 1997. Selected to the 1997 State All Star Team, where he was a unanimous MVP choice of the All Star Series. 1st Team All Distri ct '95, '96, '97. Being named 1st Team All Conference in '95, '96, '7. In 1996, he played on the Iowa Select Team that played against Japan. He then accepted a baseball scholarship at Indian Hills community College in Ottumwa, where he was named to the 1st Team All NCC Squad.

Becca Hurley

was selected to All State Squads in both basketball and soccer her senior year at East. Hurley led her 2006-07 Girls Basketball Team to the State Tournament her senior season. She finished her EHS career as the Scarlet's leading scorer and was selected to the class 4A Girls Basketball 1st Team All State. She was named to the 1st All CIML "Metro Team" for 3 straight years. During her Junior and Senior seasons Becca, was named to the All-Region Team. She was also a leader for 4 straight years in the Scarlet Soccer Program. Being named to the 1st All Conference Soccer team all 4 years and named to the Honorable Mention All State Soccer Team her senior year. Hurley is now a student at Northwestern College in Orange City, Iowa, in which her freshman season, Becca was a starter on the Northwestern NAIA National Championship Basketball team, where she earned Honorable Mention GPAC Basketball Honors and was a first year starter and leading scorer for the Raiders Soccer team.

Cute Scarlet pup wears wrestling attire. Wrestling runs in the family.

Mike Jones (11) locks up and goes head-to-head with an opponent from Lincoln right before snatching the win.

Season Stats

6th	DC-G Tourn.
4th	Saydel Tourn.
8th	SE Polk Tourn.
3rd	Nevada Tourn.
12th	Conference
5th	District
24th	State

Tyler Slinger (11) struggles to successfully beat his opponent from North/Hoover at the North/Hoover dual.

To be the man you've got to beat the man!

Pin2Win

Story/layout by Joshua Moreno

Every team is different, every team is unique, every team has their own story, and the '09 boys wrestling team is no exception.

The wrestlers love and dedication to the sport is what drives them, when they feel they can't go on any more they suck it up, forget the pain, and push themselves until they've driven every ounce of energy out of them.

"It's the most dedicated team I've ever worked with, these boys are committed, they love the sport," said wrestling coach Larry Jackson.

The team goes two straight hours of exhausting practice both before and after school every day to just wake up to the same routine the next day, this is what helped three of the wrestlers make it to state this year.

"They work hard, I know its tough for them but their work pays off those last few seconds in the fights," said Jackson.

In most sports teams there is usually some one slacking off, but at the wrestling practice everyone is focused and concentrated.

"Everyone tries and puts in their part to be better, everyone works hard during conditioning," said John Reynolds.

On top of the practice most of these students also have part time jobs and keep up to date with both work, and school work.

"It's kind of hard with school and work in the way all the time, but I manage to get things done most of the time," said David Cordero.

Cordero is one of the many wrestlers who operates' on a tight schedule which consists of school work, work, Tai Chi training, and the long exhausting hours of wrestling practice.

The wrestling team also went head-to-head with some of the best wresting teams in Iowa this year and although they didn't win all the matches they were still very pleased with their results.

"We had some tough competition this year," said Jackson, "I know we didn't win all the fights this season, but at least we know that we didn't go down without a fight."

Team managers and wrestling coaches, along with East High wrestlers pose at an award ceremony in East's gym. Those recognized included both state competitors and wrestling managers.

Spare or Strike

Story/Layout By: Nadia Tyler

People think about bowling they think of cigarettes, beer, and sweaty smelly shoes. That's not the case anymore since smoking is banned in public places, now they just think of the smelly shoes.

East's bowling team is this year's conference champs. The girls sub state meet was on February 21st at AMF and the boys were on February 14th in Newton at Cardinal Lanes. The boys bowling came in third place.

About 75 to 80 students tried-out for the bowling team, but only 15 made it for each team. Try- outs ran for 2 days and the best out of 6 games would be picked.

This year, the boys' team had more than 15, because of the no pass no play rule.

"I've been bowling with East for 3 years, but outside I've been bowling for 9 years. I have a lot of fun bowling; it's a great way to spend my time. My best game has been 258 out of 300," said junior Matt Reimer.

The team practices two to three times a week and work on skill drills, quarter pins, one-step drills, and PVC bar (target practice). They practice at AMF Lanes over on East 14th Street by Fazoli's.

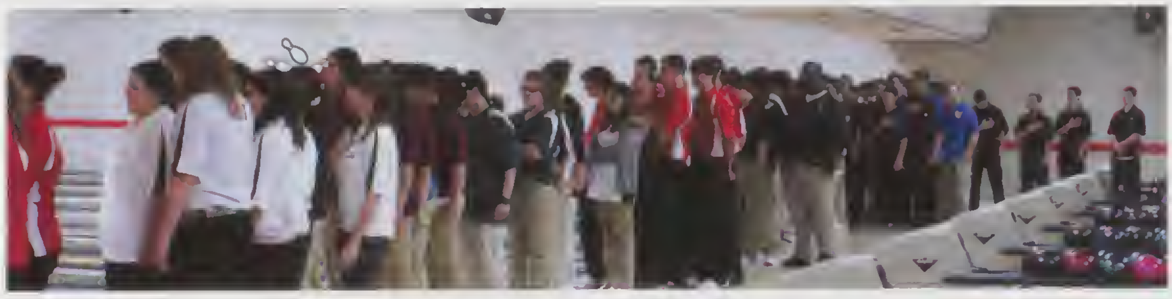
"We work on timing, position of ball, releasing, and the follow through," said Coach Doug Davis.

To some, bowling isn't a real sport and they think that it's stupid, but if you ask some members on the bowling team they'd just say it's just like any other sport. Bowling is also competitive like other sports.

"Bowling is hard. You need to adjust to the lane and the speed in which the ball needs to go down. It also builds up arm strength," said junior Devan Stuve.

The bowlers need to keep composure and have a handle on the nerves going everywhere in their stomach.

"The main goal is to beat the other team and out beat your own record," said senior Jessica Kilby.



Above, East and other conference teams stand for the national anthem. This was their last game before conference.

Right, AMF Lanes was crowded with fans, players, and coaches. Bowling fills up the seats like every sport.

Sometimes I just get mad and throw the ball down

EAST

Logan Davis(10) throws his ball down the lane. His average bowling score is 191.

Girls Season Stats

Kelsey Walker	165 average
Charlene Woolson	161
Devan Stuve	154
Jonntia Edwards	151
Felicia Rangel	138
Ashley Schumacher	134
Jessica Kilby	133
Sammy Jones	132
Connie Schillinger	119
Natasha Huxford	112
Holly Meysenburg	106
Cheyanna Pepel	97
Stacy Anderson	91
Vanessa Gobb	87
Tyteana Estes	81

Boys Season Stats

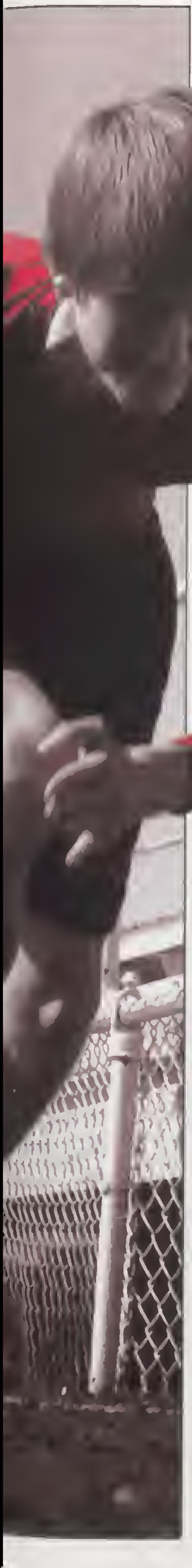
Sean Hergenrader	210 average
Tyler Breheny	198
Justin Chamberlain	192
Logan Davis	191
Matt Reimer	187
Antonio Nizzi	185
Josh Cunningham	168
John Spratt	153
Austin Ahl	151
Chris Sullivan	125
Bryan Kern	125
Michael Olgren	123
Devan Parsons	121
Dylan Rangel	120
Cody Vanwinkle	116
David Thacker	116
Jeff O'Brien	116
Zach Owens	108
Cephus Wright	104

Jordan Owen (12) pushes his limits to make it over the low bar. He expects that next season will hopefully match the last in terms of effort and placing in the races.

As alum Tanner Luft, Leary Jones (11), alum DeAngelo Hall, and R.J. Harris (12) take another title for the 4x8 medley, the rest of the team took top eight in the state.

R.J. Harris (12) sprints off after taking the baton from alum DeAngelo Hall. The 4x8 medley team was one of the most successful events this past year.

> "We did our best, and that's all we really expected."



Sprint and Focus

Story/Layout by LaRissa Connett

As the countdown for his next race sets in, senior **R. J. Harris** smoothly turns up the volume on his mp3. Music helps him concentrate and soothes his nerves.

"It's a lame excuse for focusing, but that's what gives me my edge," said Harris.

Edge is certainly what gave the boys' track team the advantage for their '08 season. With the 4x8 relay team ranked top ten all year, the boys set certain goals and reached all but one.

"A disappointment would have to have been the clerical error that kept us from running at Drake," said distance coach **Chris Kannappel**.

Besides the fact of technical errors that hiccupped their placing in certain events at State, East made it to Drake in other events and medleys. Finishing second overall at Drake, the 4x100 team. East also placed in the top eight teams in the state.

With a lot of new faces on the sprint team, training for their past season was a little different.

According to Harris, there were a lot of "good guys that conditioned and trained hard."

"We prefer that runners go out for different sports to stay fit in the off season, but if not, we train," said Kannappel.

It's critical for the team, like any other sport, to train off season in preparations for the upcoming season, especially if losing key seniors and gaining new recruits.

"We lost three key seniors that mattered not only physically to the team, but also as models for the rest of the boys on how to focus and deliver," said Kannappel.

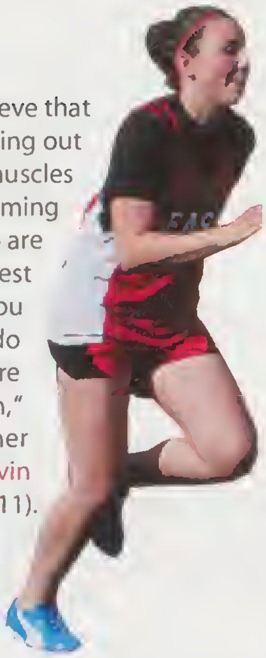
Some of the main goals for next season are training new recruits to fill the positions of last year's seniors. However, according to Harris, it will "be awhile until we have another set of guys such as Robert Thompson and Aaron Jordan. We just need to keep up our efforts and focus."

As the race heats up, Jordan Owen (12) keeps his focus on the finish. Most of the boys' track team prepared themselves for the race and events by listening to music or having their own "alone time" to break down their nerves and help them focus.

Season Stats

Urbandale	5th place
Jim Duea	6th place
Winterset	5th place
Drake Relays	4x100 relay 5th place
Ken Cortum Relays	3rd place
Ankeny Hawkette	6th place
Lee Town Relays	3rd place
Newton Cardinals Relays	7th place
CIML Metro Conference Meet	3rd place
Regional Meet	6th place
State Meet	16th place

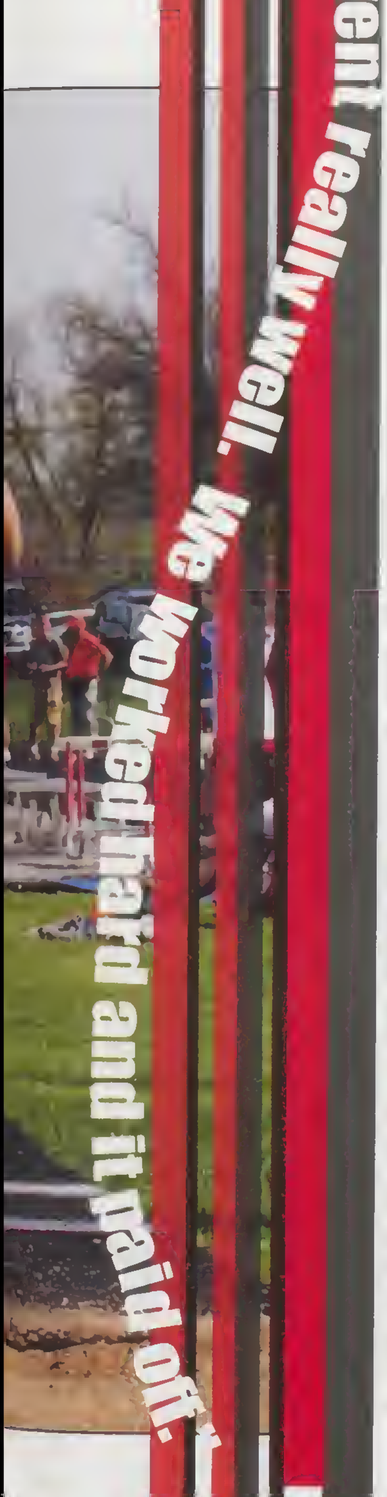
“I believe that stretching out the muscles and warming them up are the best thing you can do before you run,” said runner Riley Galvin (11).



“We have some quality runners returning this upcoming season. I think this will be one of our best years,” said ass. coach Bob Bagley.

On your Mark

Story/Layout By: Nadia Tyler



"This season went really well. We worked hard and it paid off."

For over 30 years **George Davis** has been a coach. He started at Tech, then went to North, and later came to East. Davis was the head coach for the girls' track team, mainly in charge of the sprinters. In 2007-08 Davis retired from teaching and from coaching.

"The coaches weren't really surprised that he was retiring. He was talking about it off and on for a while. I think that the kids were more shocked than anybody, though," said asst. coach **Bob Bagley**.

Coach **Kenneth Morton**, came to East in 2002, and was made an assistant coach. After being an assistant for 6 years, Morton got the position of head coach when Davis retired.

"I liked being head coach a lot. I was blessed with really good returning kids, so it was easy to be competitive," said Morton.

According to Bagley, Morton is a very good coach. He has a relaxed method, but he also has clear expectations for the girls.

"I miss Coach Davis sometimes, but Coach Morton does a really good job. He cares and is very involved in what we do during the season," said junior **Riley Galvin**.

According to Morton, it was different going from assistant coach to head coach, but the girls bought into what he wanted done, so the transition from those two were really easy.

"I think that the transition in coaching went well because we already knew 3 of the 4 coaches," said senior **Lois Lewis**.

Not only was there a new coach, but the girls also had a great season. They were ranked the top 5 out of 6 throughout the year.

The ranking was for their 4x1 relay and the 4x2 relay. The 4x2 relay made it to state this season. Also, there are 3 out of 4 returning state-ranked hurdlers coming back to track for the next season ahead.

"I think this year has been the best season we've had for a while; we had a really good team," said junior **Jocelyn Brown**.

East runner Latisha Johnson (11) starts off with sprints. The girls were ranked the top 5 out of 6 throughout the year.

Focus and Drive

Story/Layout by: Kylie Vry

Although the boys' and girls' golf teams didn't end with a stellar year, they had a great time out on the course.

"We didn't have a good season, but it wasn't bad. We had a lot of really close dual meets," said senior Charles Hughes.

The team had a lot of bonding moments outside of just setting up tees and swinging golf clubs.

"We went out to eat a lot and even played miniature golf a few times," said Hughes. "It was a lot of fun hanging out together outside of the game settings."

Closing in on the end of the season, the district meet was coming about.

"It was alright except it was raining, cold and windy," said Hughes. "We were all pretty miserable."

Even though the team's expectations for the season fell short, next years team should be interesting.

Although the girls' team was very young and inexperienced, they had a lot of hard working people and a lot of potential.

"We had a good amount of girls sign up and I am really looking forward to rebound next year," said girls head coach Lowell Long. "We should have a really good team."

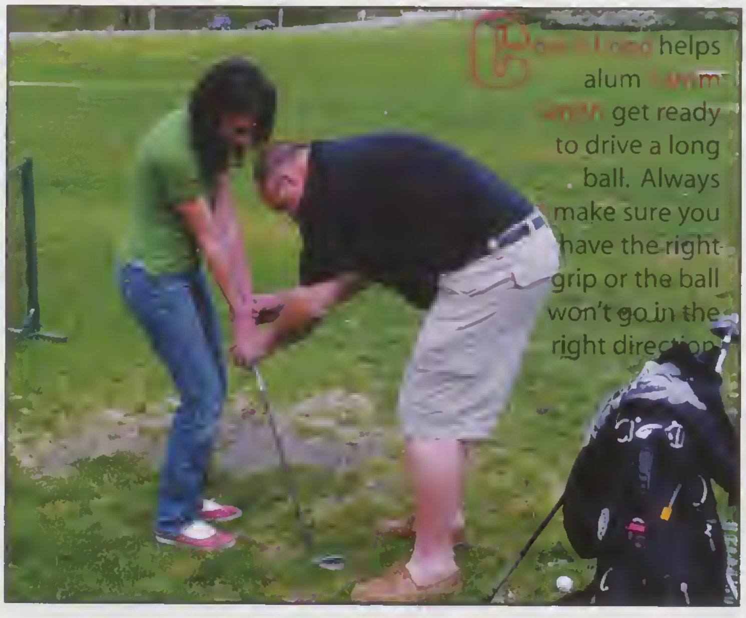
For the girls, spring season will come short and be gone soon, but everyone is really excited for it to finally get here.

"I had a lot of fun this year," said senior Stephanie Janssens. "I am so excited for next spring when I can play again."

"I'm definitely excited for next season," said senior Sara Hilario. "I can't wait to play and see all of the girls again."

For the senior boys, it was a good run but their time is now up.

"It sucks that I am done playing but it should be fun to see what happens next year," said Hughes. "I will definitely never forget playing at East High."



Coach Lowell Long helps alum [illegible] get ready to drive a long ball. Always make sure you have the right grip or the ball won't go in the right direction.

"I will definitely never forget playing at East High!"

Boys Season Stats

Indianola JV Invite	464
1st half conference	384
Mason City Invite	426
Roosevelt	179
SEP Invite	373
Valley Classic	307
Lincoln	202
Hoover	181
Ames Invite	376
North	167
Ottumwa	200
2nd half conference	394
Total conference score	678
District meet	427

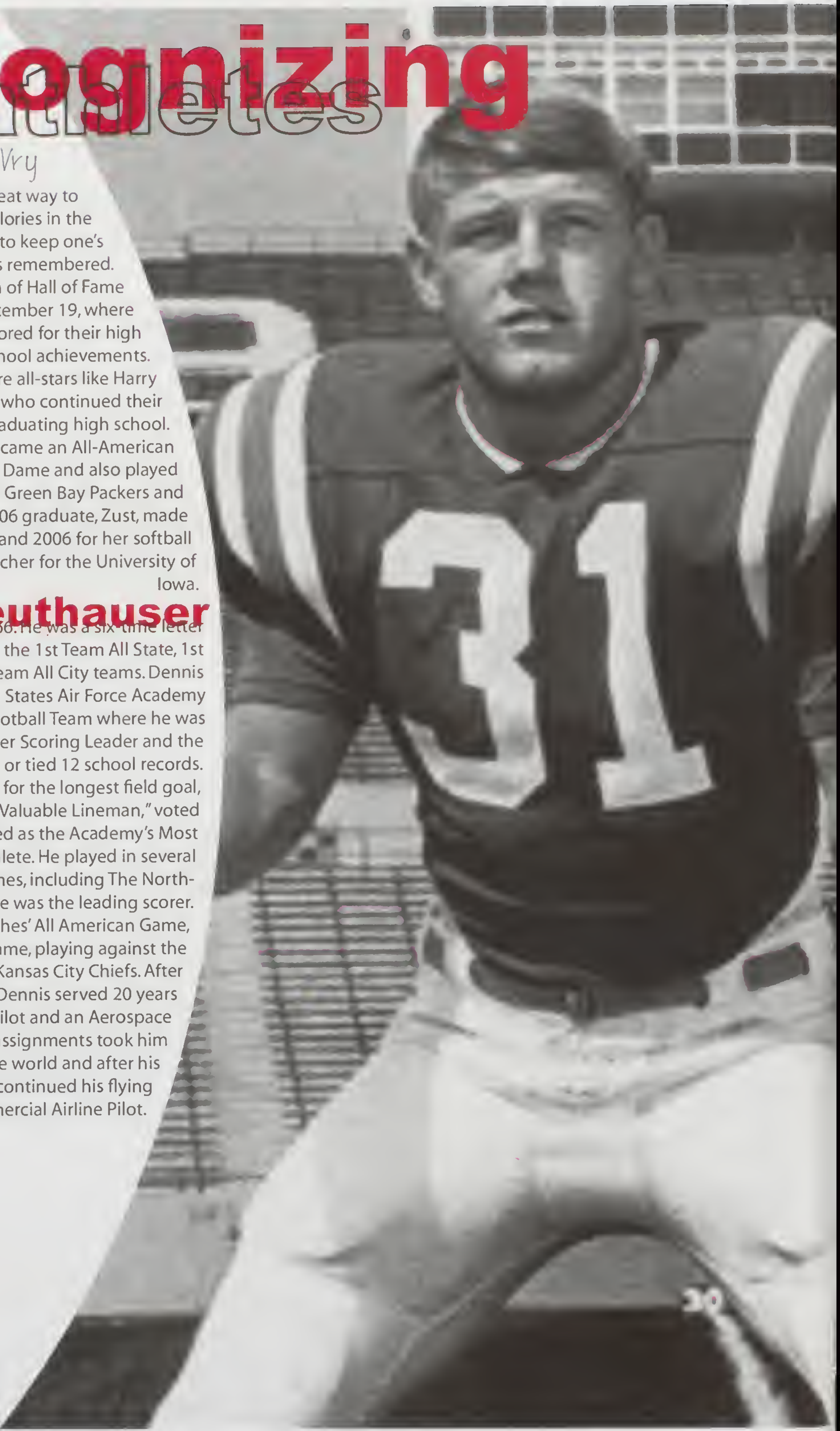
Girls Season Stats

Marshalltown	Cancelled
Lamson Invite	15th
SEP	253-224
Ankeny Invite	10th
Ottumwa	273-165/259
North Invite	Cancelled
Johnston Invite	9th
Ottumwa and Hoover/Roosevelt	252-157/228
Gilbert	308-228
Conference	500-338/469
Regionals	12th

Lining up your shot and taking a few practice swings helps you get ready to hit your mark.

Recognizing the athletes

Story/Layout by: Kylie Vry



Athletics is a great way to keep one's name and glories in the mindset of a school and to keep one's achievements remembered.

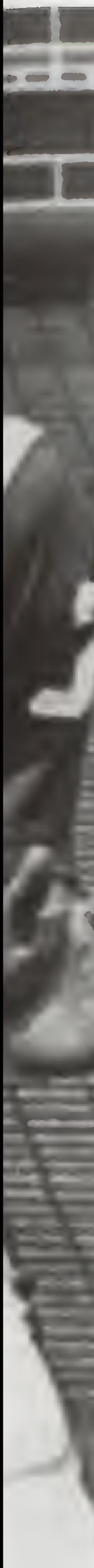
The third induction of Hall of Fame members occurred on December 19, where 26 new members were honored for their high school achievements.

Among them were all-stars like Harry O'Boyle and Amanda Zust, who continued their success after graduating high school.

O'Boyle became an All-American football player at Notre Dame and also played professionally for the Green Bay Packers and Philadelphia Eagles. 2006 graduate, Zust, made first team all-state in 2005 and 2006 for her softball talents, is now a current pitcher for the University of Iowa.

Dennis Leuthauser

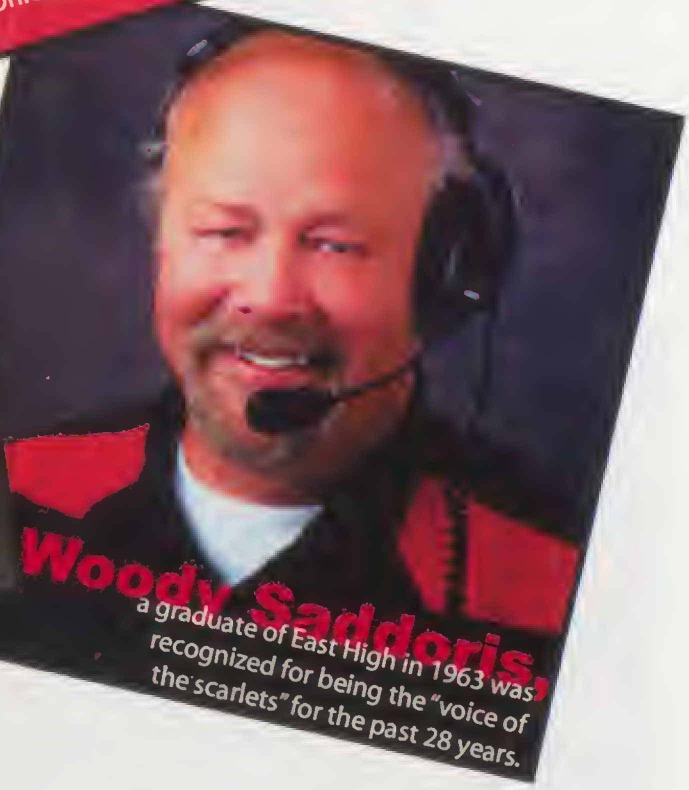
graduated from East in 1966. He was a six-time letter winner and was selected to the 1st Team All State, 1st Team All-Big Six, and 1st Team All City teams. Dennis was appointed to the United States Air Force Academy and played on the Falcon Football Team where he was the Academy's All Time Career Scoring Leader and the teams leading tackler. He set or tied 12 school records. He held the NCAA record for the longest field goal, was named the team's "Most Valuable Lineman," voted the Team MVP, and selected as the Academy's Most Valuable Intercollegiate Athlete. He played in several Post-Season All-Star Bowl Games, including The North-South Shrine Game, where he was the leading scorer. Dennis also played in the Coaches' All American Game, and the College All-Star Game, playing against the Super Bowl Champions, the Kansas City Chiefs. After Air Force commissioning, Dennis served 20 years in the USAF, as a Fighter Pilot and an Aerospace Research Test Pilot. His assignments took him to bases throughout the world and after his retirement from the USAF, he continued his flying career as a commercial Airline Pilot.



Kim Howell was named second team all state softball player. She pitched for the scarlets into the 20052 state softball tournament.

Don G Coached at East for 26 years. He coached 3 state runner up track teams and 4 conference titles.

Ralph Maigaard was an All-State basketball player who went on to play for the Drake Bulldogs. Since then he became the head basketball coach for five different high schools.



Woody Saddoris, a graduate of East High in 1963 was recognized for being the "voice of the scarlets" for the past 28 years.

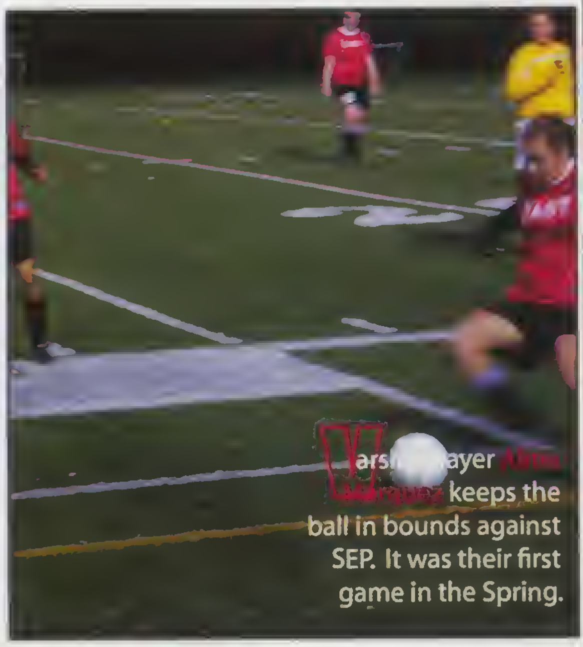
Inductees: Don Graves, Chuck Sutherland, Randy Peterson, Woody Saddoris, John Patterson, Harry O'Boyle, Frank Kaiser, Ralph Maigaard, Alfred Gatewood, Ray Kaiser, Bob Zust, Sylvester Green, Sam Bradley, Dennis Leuthauser, Kevin O'Boyle, Keith Fevold, James Renfro, Larry Thomas, Tony Booker, Jason Hall, DeMareo Darrah, Marque Glenn, London Hayes, Kim Howell, Amanda Zust, Neil Issa.

Don't forget:
- Cleats
- Uniform
- Practice Ball

Varsity Season Stats

SEP	0-10 L
Urbandale	0-10 L
ADM	0-3 L
Johnston	Cancelled
Ottumwa	0-2 L
Lincoln	0-3 L
Ames	0-10 L
Hoover	1-3 L
Roosevelt	0-4 L
Bondurant-Farrar	2-3 L
North	3-1 W
Waukee	0-10 L
Ft Dodge	1-7L

Nobody ever forgot it was a team sport.



Varsity player [illegible] [illegible] keeps the ball in bounds against SEP. It was their first game in the Spring.

Varsity girls fight to gain control of the ball. Soccer quickly becomes a contact sport.

Kicking and Screaming

Story/Layout by: Kyle Omundson

JV players race for the ball. Practice consisted of a lot of running

"At the beginning of the season we had a lot of struggles with team building," said varsity player senior **Alli Stuhr**. "But towards the end, we finally pulled it all together, becoming stronger."

Soccer is a game that requires great skill and a team effort from every player.

"I met more people and made new friends," said JV player sophomore Yvette Ortega.

"Our season was fun. We actually got to work together," said JV player senior **Carolina Aguilar**.

Weather played a major role at the start of the season. Long winter weather and excessive rainfall amounts made the start of the season difficult. The Cownie Soccer Complex became too muddy to play on.

"The first three weeks of practice was inside," said varsity player senior **Katie Price**. "There was still snow on the ground."

"The start of the year was tough because of the weather," said Coach **Greg Schoon**.

Learning was a big part of the year for the players and even the coaches.

"We had a lot of newcomers to the sport," said Stuhr.

Schoon replaced **Reid Bentley** as the JV girls' soccer coach this year. Schoon had past experience coaching varsity football and assistant coaching varsity boys' basketball.

"I learned a lot about the game. I have never coached a girl's sport before either," said Schoon.

For training, the girls were required to run laps. This built up muscle strength in their legs to keep up in the game.

"He would push us a lot to be better. He wouldn't let us quit," said Aguilar.

"We always tried our hardest," said Price. "Everyone got along really well."

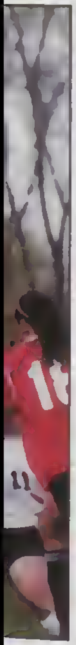
According to JV player sophomore **Yvette Ortega**, running was an issue at the beginning of the season. Training and practice helped them with their running strength. By the end of the year everyone could run more laps easily.

Even though the season may not have shown the greatest results, the players still had a good time working with each other.

"Everything we did was fun," said Ortega. "Our practice was fun too."

"Our district game against Hoover, even though a lot of people were hurt, all of our JV girls that were bumped up to play varsity were able to keep up with us," said Price. "They only beat us by a couple of points. Nobody ever forgot it was a team sport."

Next year, **Jose Rodriguez** will coach the JV team. Rodriguez has past experience coaching at Urbandale.



JV player [illegible] charges to kick the ball against Roosevelt. Teamwork is essential to a good soccer team

the game time ritual

Story/Layout by LaRissa Connett

One can compare East High Tailgating to a mid-evil preparation for war. Both come together in face of tyranny and repression, well... not really. However, they both come together in support of something they believe in with the added jazz of all the war paint and high emotions.

"The feeling of it all is unexplainable," said senior Johnny Coleman.

For a typical Friday tailgater, it all begins at 4 p.m. in the William's Stadium parking lot. With their Scarlet memorabilia on and ready to go; the rowdy crowd spends the next few hours playing games and eating food prepared by their own parent cook, Paul Wiezorek, whom they refer to as "Weez."

"Everyone gets there around four or five o'clock and we just hang out, eat, and do whatever we want," said senior Tony Funaro.

The tailgating setup is somewhat traditional, with the typical couches and food. However, the seniors decided to add more things to keep the students entertained before the game such as a fooseball table and hacky sacks.

"We just try to have fun and get pumped for the game, that's what it's all about," said Funaro.

When the game draws near, everyone settles down from their crowd mingling and games to start the line up for body painting.

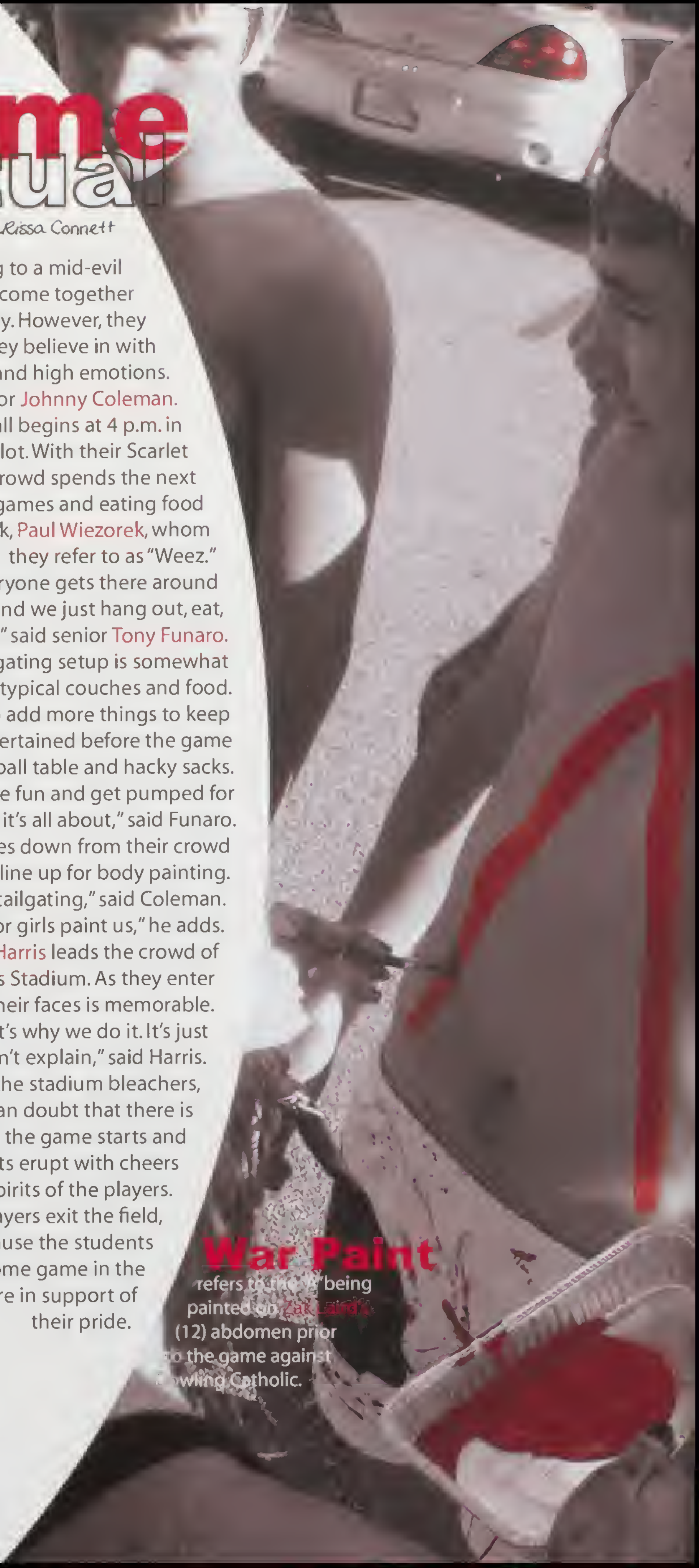
"It's one of the most important things about tailgating," said Coleman. "The senior boys get in a line, and then the senior girls paint us," he adds.

With the East banner in hand, senior R.J. Harris leads the crowd of anxious students into Williams Stadium. As they enter the gates, the emotion you see on their faces is memorable.

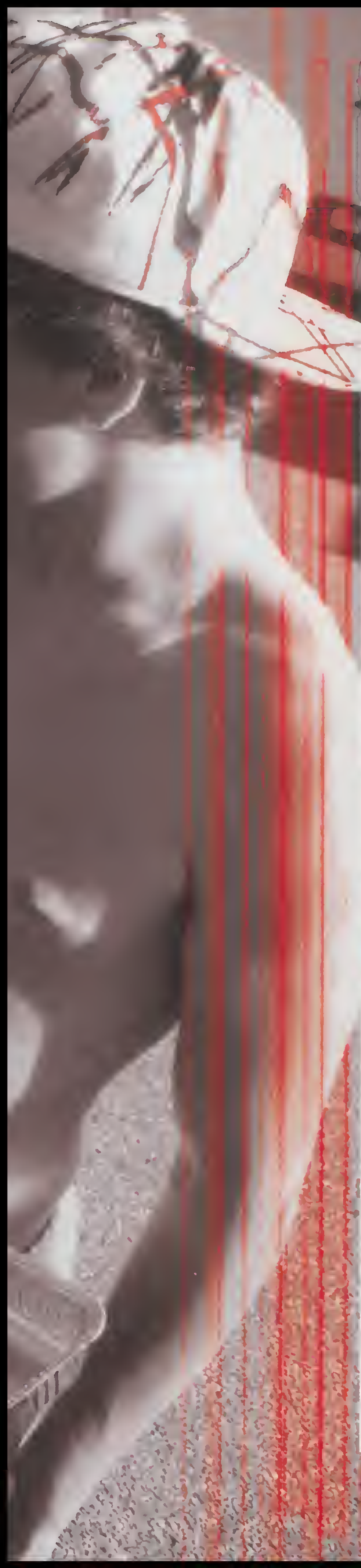
"It's just our pride, that's why we do it. It's just something you can't explain," said Harris.

As the students pile into the stadium bleachers, as the team takes the field, no one can doubt that there is a sense of victory in the air that Friday night. As the game starts and the players emerge into battle, the students erupt with cheers and chants to keep up the spirits of the players.

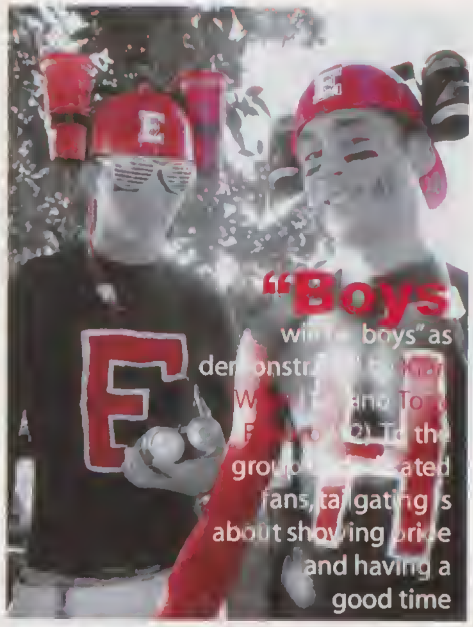
As the night comes to an end and the Scarlet players exit the field, it doesn't matter whether they won or lost because the students will always be there. Every Friday night home game in the Williams Stadium parking lot, they will be there in support of their pride.



War Paint refers to the "V" being painted on Zak Laird's (12) abdomen prior to the game against Bowling Catholic.

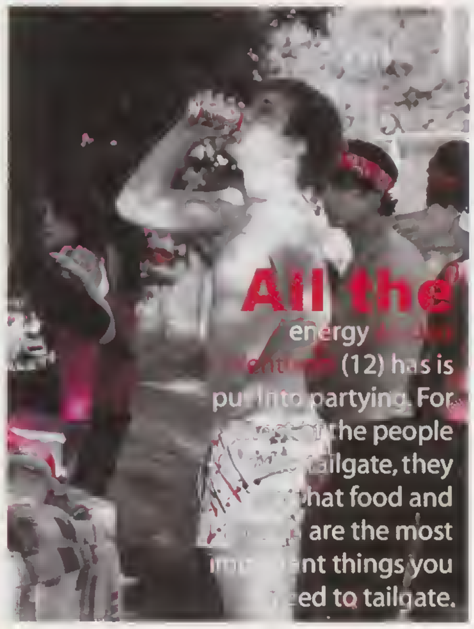


what it takes to tailgate

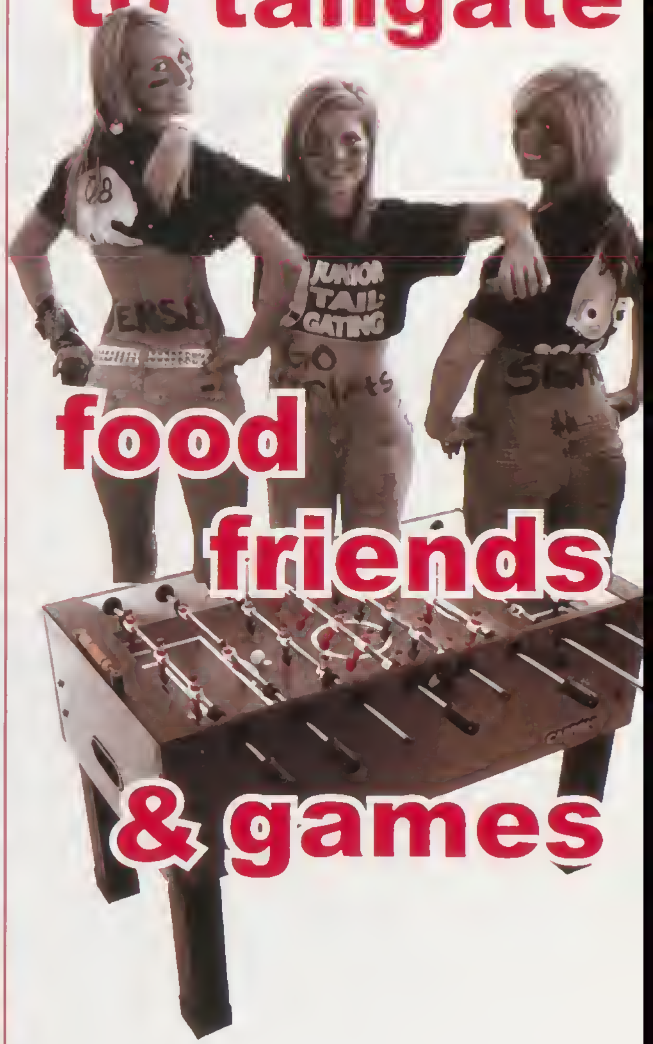


“Boys will be boys” as demonstrated by [illegible] and Tony [illegible] (12). To the group of dedicated fans, tailgating is about showing pride and having a good time

Football isn't the only game on the line, as [illegible] (12) and [illegible] (12) make stakes at fooseball. Every home game, the tailgaters set up a variety of games such as fooseball, hackey sack and horse shoes.

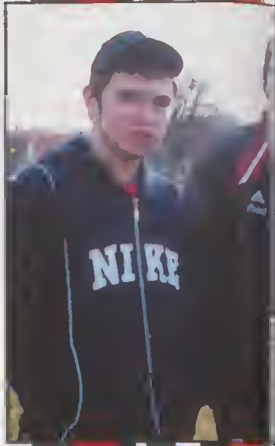


All the energy [illegible] (12) has is put into partying. For [illegible] the people [illegible] tailgate, they [illegible] that food and [illegible] are the most important things you need to tailgate.



food friends & games

The C team passes the ball down the field. They hoped to get the ball past the Johnston goalie.



Give and Go

Story/Layout by: Madison Kasper

"Sometimes you can't be scared, but feared. You had to be that star you've always dreamed of being. Sometimes in life, you lose, but if you keep fighting and fighting, you'll win," said junior **Va Vang**.

East's freshman/sophomore boys' soccer team, also known as the C team, kicked off their season with a win against Waukee.

"The Waukee game was my most memorable game of the season because it was the first game and what better way to start off the season than winning," said junior **Ryan Khounlo**.

According to Coach **Tim Walljasper** and assistant Coach **Derek Lounsberry**, the goal isn't always necessarily to win every game, but to go into every game with a good attitude, and to come out knowing that you gave it your all.

"I could tell a big difference from the beginning of the season to the end of the season. Technique got a lot better," said Lounsberry.

According to Lounsberry, school is important for these soccer players because if they're not passing all of their classes, they can't play until their grades go up.

"One of the main reasons I play soccer is because of the team, I really enjoy playing with the guys and we've all became good friends," said Khounlo.

The JV players were moved up to varsity postions when varsity players were ineligible to play or hurt. Most on the JV team really liked having this opportunity. They said that it gave them a taste of what varsity's really like, and how hard they should work this year to be ready to be on the varsity team next year.

"My favorite game of the season was when JV was down 0-3 against North and we came back in the second half scoring four points and winning the game. It was one of the best games I've ever experienced," said junior Vang.

Practice was from 3:15-5:15 daily for both freshman/sophomore and JV teams. During practice the kids were expected to work just as hard as they would in a game. They practiced new techniques, conditioning, and scrimmaged against each other.

"Scrimmaging against the JV team was my favorite thing about practice because it was the most fun, and it got us ready for the game," said junior **Jordan Duckworth**.

"Scrimmaging JV was my favorite thing about practice"

Llantera Gomez 3
1701 Univ. Ave
(515)-554-8989

Coaches and teammates pose for a picture before practice.

Teammates work hard to keep the ball away from their opponent. The boys soccer team worked very hard to prepare for this game.

Alum [illegible] takes a hit at the ball against North. They took away a win 4-3.

C Team Season Stats

Waukee	1-0 W
Urbandale	1-3 L
ADM	1-2 L 5-2 W
Johnston	0-8 L
Valley	0-1 L
Lincoln	1-0 W
Ames	1-0 W
Hoover	0-2 L
Roosevelt	2-0 W
Ft. Dodge	2-2

Junior Varsity Season Stats

Waukee	1-5 L
Urbandale	0-3 L
ADM	0-0
Johnston	0-3 L
Valley	0-0
Lincoln	2-0 W
Ottumwa	2-3 L
Ames	2-3 L
Hoover	0-6 L
Roosevelt	0-0
North	4-3 W
Ft. Dodge	2-2

Alum Cody Bowers kicks the ball away from opposing player in a fight for victory as alum Jesus San Elias stands guard

Guard and Goal

Story/Layout by: Layla Schwartztrauber

The East boys' varsity soccer team had a middling number of wins and losses for the 2007-08 season, but for senior **Adrian Hernandez** it was more than just a game.

"Our team worked so hard and we didn't always pull through, but we always did the best we could," said Hernandez. "It was always fun, too."

The team started lifting weights in January before school and had practices every day after school from 3:15-5:15 at the East soccer field. Drills were performed that coach **Derek Lounsberry** made.

"We needed to practice more and get in better shape. Not everyone always worked as hard as they possibly could in every practice," said Hernandez.

Assistant coach **Tim Walljasper** said that many of the players got along great with each other off the field, but when the game started the teamwork needed to be stepped up a bit.

"The communication was a problem. Soccer is all about working together and when one person doesn't, it sets the mood for the whole game," said Walljasper.

Hernandez said that he and the other members on the team were "really good friends" and they just happened to be lucky to be on the same team.

The team also had to deal with fair amount of injuries that were preventing kids from playing for weeks at a time.

"The toughest game for me was when I was injured during the game against Ottumwa after about 20 minutes and sprained my MCL," said alum **Cody Bowers**.

"It was harsh because so many people were hurting themselves and then we had new JV players on varsity when they weren't ready for that quite yet," said Lounsberry. "The JV players really had to step up their game and take initiative."

"Next year is going be a tough year for varsity seeing that we lost an All State player and many other people that put forth great effort," said Lounsberry.

"All I'd like to say to the players for next year is good luck and try your hardest," said Bowers.

Ryan Cam (12) jumps to the ball while nearly bombarding his opposing team. Cam was a JV player playing on varsity.

"I had fun in soccer this year, we all got along so well!"

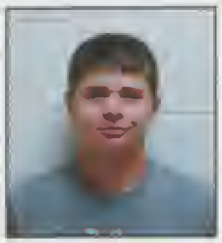
Varsity Season Stats

Waukee	0-8 L
Urbandale	1-5 L
ADM	1-3 L
Johnston	0-1 L
Valley	1-6 L
Lincoln	1-6 L 4-2 W
Ottumwa	0-2 L
Ames	1-2 L
Hoover	0-5 L 0-5 L
Roosevelt	4-4
North	5-1 W
Ft. Dodge	2-4 L
Lincoln	4-2 W
Hoover	0-7 L

A[illegible]ums Cody [illegible] and Justin [illegible] run back to meet their team after playing a hard game.

"My favorite part of this year was winning." said **Matt Webb** (12)

"I really like how the team got along. We had a lot of fun together," said **Antonio Nizzi** (12)

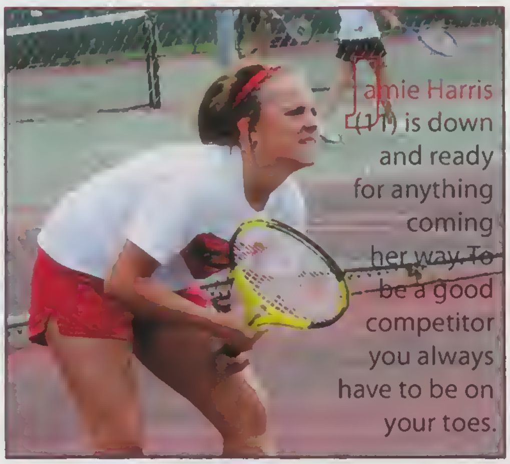


Girls Season Stats

Saydel	0-9 L
Ankeny	0-11 L
North	4-7 L
Ottumwa	0-11 L
North Polk	0-11 L
Ballard	0-9 L
Lincoln	0-11 L
Hoover	0-11 L
Roosevelt	0-11 L
Mason City	0-11 L
Regional Tournament	0-11 L

Boys Season Stats

Ballard Huxley	1-10 L
North	5-6 L
SEP	1-10 L
Lincoln	4-7 L
Hoover	0-11 L
Roosevelt	2-9 L
Ottumwa	0-11 L



Jamie Harris (11) is down and ready for anything coming her way. To be a good competitor you always have to be on your toes.

game to play and a great way to meet new friends.

Racket and Balls

Story/Layout by: Kylie Vry

"Two is better than one" might be a saying that many people have heard, but is it always true?

During the game of rackets and balls, or as we call it, tennis, there are two ways to play: singles or doubles.

Singles is a one-on-one competition where doubles is two-on-two.

"I like playing singles most," said **Coby Baccam** (12). "It is like a mind game. You are working by yourself."

During doubles you always have to think about the person beside you. You have to have good communication and team work.

"I don't like playing doubles as much as singles because if you make a mistake during doubles, you feel like you're letting your partner down," said **Taylor Warren** (11).

Although the girls' tennis team had a little "drama," said Baccam, they all came together during game day and played as a team.

Both the girls' and the boys' tennis teams didn't have the best record, but they sure worked hard and had fun.

"It was a rebuilding year for us," said boys' head coach **Tam Ho**. "We had no returning players with varsity experience."

The boys' team is hoping next year will be much improved from their last experience.

"Our top 6 will be back next year, and the players are excited," said Ho. "Many have practiced all summer, which means they are getting a lot more court time experience."

Although it wasn't the greatest of years, both teams had a good time together and that's all that counts.

"It's just a fun game to play and it's a great way to meet new friends," said Baccam.

Although both teams are looking forward to next season, all of the players will be greatly missed.

"They were a great group of girls to be with," said girls' assistant coach **Samy El-Baroudi**. "It was a great honor to work with them."

K[illegible]y Robinson (11) uses all her power to hit the ball over the net. Over hand serving takes a lot of practice and persistance.

[illegible] 12 rushes [illegible] court fo[illegible] Coby [illegible] very [illegible] anything getting past [illegible]

Holly [illegible]

The team poses for a picture. For the first time, girls bowling was finally sanctioned in Iowa.

Bowling

members [illegible] look at [illegible] meet. [illegible] ning [illegible] the [illegible] ool.

Finally called a real sport

Story/Layout by: Kaitlyn Carpenter

When you think of high school sports your mind immediately thinks of football, baseball, or basketball. While bowling doesn't automatically come to mind now, it may in the near future.

For the first time, girls' bowling has become a sanctioned sport.

"When a sport gets sanctioned, it means that they are now officially a school sport and not a club sport anymore," said athletic director Rick Powell.

Once a sport is sanctioned it also gets to compete in regionals and state tournaments like other high school sports. Along with now being an official sport and competing in a state tournament, the bowling team is now able to do more for their coaches.

"Once a team becomes sanctioned, the school can now pay them for the work the coaches do in the sport," said Powell.

Rewards like paid coaches and being an official school sport do not come to a team overnight, there are certain things that need to happen for a sport to be sanctioned at the high school level.

"Bowling proprietors started coming to our athletic director meetings saying that they wanted girls' bowling to be part of the school. Eventually their pushing showed results," said Powell.

Becoming a sanctioned sport comes with responsibilities.

Powell said that coaches must have a coaching certificate to coach and must attend annual meetings.

"If a coach doesn't show up for the rules meetings every year, they are not aloud to compete in post-season games," said Powell.

Because girls' bowling is now a sanctioned sport many people think that it will help the game grow,

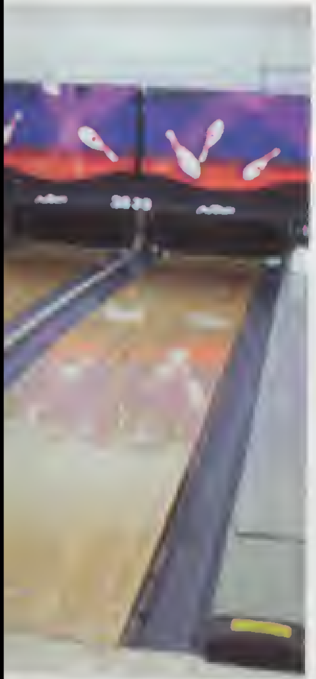
"The sanctioning of the sport will definitely make it more popular. Students can get into the sport in high school and carry it with them through their whole lives," said Powell.

Girls on the bowling team also get another perk for being sanctioned. They are now able to letter in the sport.

While the girls are now a proudly sanctioned sport, it is not the same for the boys' bowling team.

"The boys' team is still a club sport. They still have meets against other teams, but they don't get to compete in things like the state tournament," said Powell.

It looks like the goal for next year will be to get the boys sanctioned along with the girls.



Safe or Out

Story/Layout by: Kaitlyn Carpenter

Freshman **Jessica Grochala** stepped into the batter's box during the first season JV game against Dowling. It was her first at bat of the season. She watched the pitcher hurl the ball right down the middle and she hit it—all the way over the left field fence. A great start to a great JV season.

Besides Grochala's homerun in the season opener, the team as a whole thought the season was great.

"We did really well this year. I actually thought that we could have gone undefeated. I was very proud of the team," said senior **Amy Parker**.

Thana Heller, the JV coach, also believed that the team did an outstanding job on the field.

"I thought our season went great. The team did an unbelievable job and got better and better all year long," said Heller.

Along with having a great seasonal record, the team was also a success with many hard workers onboard.

Heller said the team was very coachable and had "great team- first attitudes."

"I think that we really worked well together and it showed on the field and in the games," said freshman **Janie Smith**.

The team had a great record coming away with 20 wins, one tie, and only 2 losses. All the games may have been exciting for the team, but some stuck out more than others in their heads.

Freshman **Courtney Custard** said her favorite JV game was when they blew out Lincoln, 11-0.

"My favorite game of the JV season was our first game against Dowling and we beat them," said Grochala.

Along with great memories of games they played, the JV softball team also had some fun times off the field.

"I loved the charter bus ride to Cedar Rapids with both JV and varsity; it was extremely fun to all be together on the trip," said Custard.

The JV season was a success for the players and coaches, but many of the players also played on the freshman team.

"It was time consuming to have to do both JV and freshman teams, but it was a really good learning experience because I got a lot of game time," said freshman **LJ Putzier**.

The freshmen, along with the JV team, came away with an outstanding record. The team had 16 wins, 1 tie and only 3 losses.

"I was very pleased with our season. The team was a typical East softball team: great pitching, great speed, and above all, they had team- first attitudes," said head freshman coach **Lowell Long**.

But to get a tremendous record like the freshmen had, they had to face some tough opponents and come away victorious.

Sophomore **Kacie Young** said that Valley was a hard victory, but fun at the same time.

Both freshman and JV teams had wonderful years. Both teams came away with Metro Conference titles.

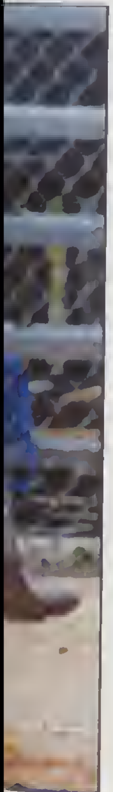
"I hope that the team is just as good this summer as it was last summer," said Smith.

I actually thought that we could have gone undefeated

Above, Heather Prettyman (10) looks at the defense before stepping up to bat. Prettyman was on both the freshman and JV teams.

S[illegible] (10) gets ready to catch the ball during the first game for the freshman team. The freshmen played double headers all year long.

Ta[illegible]rd (11) waits fo[illegible] to pitch t[illegible] the JV team [illegible] defens[illegible]



Jessica Grochala (9) and Janie Smith (9) get set to field a hit during a JV game. The JV team had a record of 20-1-2.

Junior Varsity Season Stats

Dowling Catholic	9-0 W
Ames	3-3 T
Ankeny	1-0 W
North	7-0 W
Ottumwa	4-0 W
CR Jefferson	3-2 W
CR Jefferson	6-1 W
Lincoln	11-0 W
Newton	12-0 W
Hoover	8-0 W
Clear Creek Amana	9-0 W
Roosevelt	12-0 W
SE Polk	0-1 L
Urbandale	3-0 W
Indianola	10-2 W
Dowling Catholic	4-0 W
Winterset	10-0 W
Ottumwa	13-2 W
Lincoln	1-0 W
North	10-0 W
CR Jefferson	4-0 W
Hoover	12-0 W
Lincoln	3-5 L

Freshman Season Stats

[illegible]	[illegible] W 5-3 W
[illegible]	[illegible] W 1-1 T
Ballard of [illegible]	[illegible]-2 W 8-1 W
Roosevelt	11-1 W
SE Polk	4-1 W 4-5 W
Ottumwa	2-1 W 5-1 W
Lincoln	3-1 W
Ames	[illegible] 6 W
Ballard	[illegible] W
Valley	[illegible] W
Dowling	[illegible]
Roosevelt	[illegible]

9/JV softball

Hit and Run

Story/Layout by: Kate Hurley

Just as the ball leaves the pitcher's hand, senior **Kim Robinson** leaps off first base and fires across the field where she safely slides into second.

Over the last two seasons the team has stolen 177 bases; breaking the school record.

Once again varsity softball had a tremendous season breaking all sorts of records and going undefeated in the Metro Conference. They were the second team in CIML history to go 20-0.

"We did really good in conference and hopefully next year we can do it again," said junior **Cari Smith.**

All the players could do voluntary workouts at Peak Performance on the west side to improve speed, agility, and help prevent injury.

"We came together really good as a team we're all very close with each other on and off the field," said junior **Kaitlyn Carpenter.**

For such a winning team you'd think they must have extremely long practices? Not true. They have some of the shortest practices of any team, limiting them to 90 minutes or less.

"We worked really hard and put a lot into it. I don't think any of us expected not to go to state, because that was the goal we set for ourselves," said senior **Missy Ulmer**.

The softball program at East is among the best in the entire state winning 4 straight Metro Championships.

"This year we were ranked top 2 in the state and made it to the second round of regionals," said Robinson.

But this is a winning team on and off the field. They had 14 of their team members make honor role and they all participated in 3 community service activities.

"We did Secret Santa this year for families," said junior **Caitlyn Carmichael**. "It's where the families make a wish list and we go buy them the things on it and wrap them and deliver it to their house."

After every season, the team makes changes to improve on the field.

When asked if he would have done anything different, Head Coach **Bob Ligouri** said, "I would have loved to have won the last game!"

"Winning is the game and softball is the name."

The team gets in position for their team poster. The slogan for the team this year was "Fastest Show on Dirt."

The girls have fun at a fall tourney. Varsity came away with 4 wins at the tournament.

Varsity Season Stats

Dowling	0-1 L
Ames	10-0 W
Ankeny	7-2 W
Pleasant Valley	1-0 W
North	8-0 W 10-0 W
Ottumwa	4-1 W 2-1 W
I.C. Regina	4-0 W
Springville	3-2 W
Keokuk	0-2 L
Solon	4-3 W
Lincoln	5-0 W
Newton	7-0 W 13-0 W
Hoover	9-0 W 7-4 W
Waterloo	6-2 W
Iowa City High	4-1 W
I.C. Regina	9-2 W
Clear Creek	3-4 L
Roosevelt	7-0 W 1-0 W
SE Polk	4-0 W 4-6 L
ADM	1-4 L
Norwalk	10-0 W
Ottumwa	12-1 W 5-0 W
Lincoln	2-1 W
North	12-0 W
CR Jefferson	4-3 W 5-4 W
Hoover	8-0 W 10-0 W
North	7-0 W
Lincoln	9-3 W 2-0 W
Roosevelt	9-0 W 12-0 W
Waukee	7-6 W
C.B. Lewis Central	0-1 L

265-0642
GO SCARLETS
LITTLE LEAGUE
GIRLS SOFTBALL

A group of varsity girls pose for a quick picture during a car wash. The varsity team did many community service projects throughout the year.

Swing and Run

Story/Layout by: Ambrayana Jones

Starting at the bottom in school status, the freshman baseball team proved they could hang with the big boys

They ended the season with a 13-13 record, were 2nd in the Metro and locked in a 2nd place finish in the Waukee freshman tournament.

Coach **Carl Drautz** said that the freshman team "represented East extremely well at the freshman level."

Sophomore **Nick Grochala** said, "Our team worked hard to get to where we needed to be."

Although they had a successful year overall, Drautz believes that next season they will have to work more on the fundamentals.

Besides working hard to achieve their goals, the team created friendships and memories.

Grochala said, "hanging out with my friends and having fun" were his favorite memories of the season.

Although the freshmen stood out, it was the sophomore baseball team that stole the show and ended the season on top.

Having the 2nd best record in East sophomore baseball history, Coach **Martin Luft** said, "we ended the season with a 21-3 record."

Junior **Dorian Ballentine** said, "My goals were to help my team be better and do my best to be conference champs and that was accomplished.

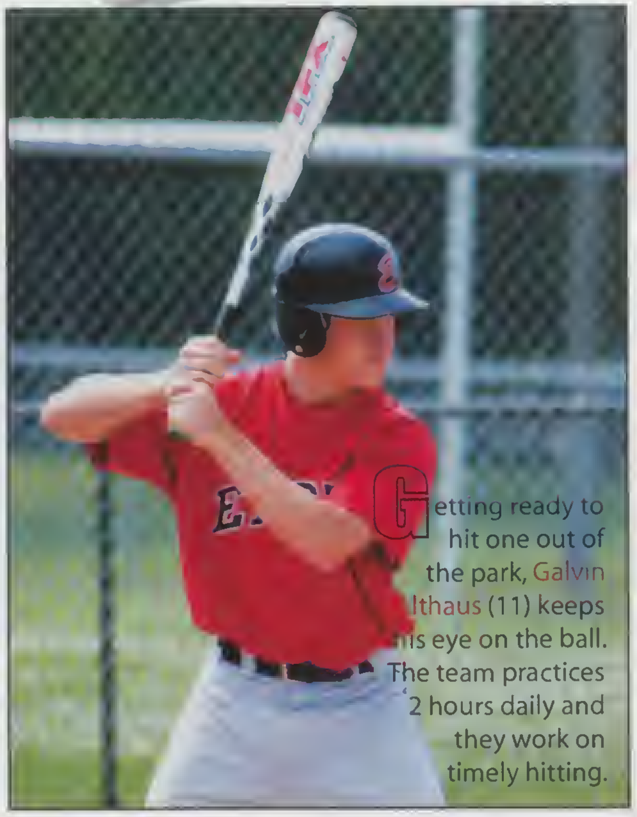
Luft also said "to say we had a great season was an understatement."

Coach **James Giboo** said that his motivation was "to win everything" and also "have fun along the way, but nothing is more enjoyable than winning."

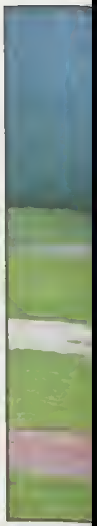
Ballentine said that when he transferred from Lincoln, no one believed in him when he came; but now people think differently.

"The sophomore baseball team did an outstanding job and they deserve to get credit for all the hard work they have put in," said Giboo.

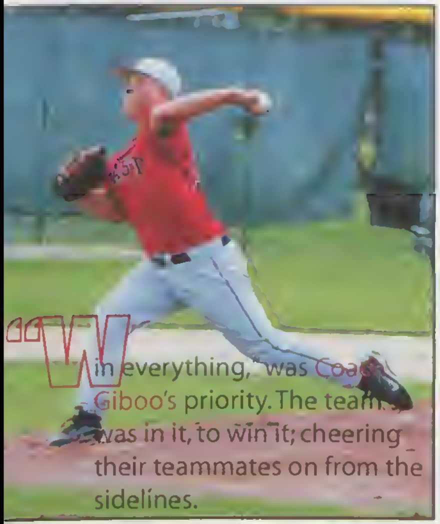
Dorian Ballentine (11) hits one for the team. The team entertained themselves in down time by playing rock-paper-scissors.



Getting ready to hit one out of the park, Galvin lthaus (11) keeps his eye on the ball. The team practices 2 hours daily and they work on timely hitting.



"To say we had a great season was an understatement."



"Win everything," was Coach Giboo's priority. The team was in it, to win it; cheering their teammates on from the sidelines.

Sophomore Season Stats

Dowling	17-6 W	
Ankeny	4-3 W	
North	6-2 W	
Valley	6-2 W	12-1 W
Ottumwa	8-1 W	
Roosevelt	13-7 W	7-3 W
Waukee	4-12 L	
North	15-0 W	
Hoover	19-1 W	
Ottumwa	16-4 W	10-1W
Lincoln	11-3 W	0-6 L
Ames	5-3 W	9-0 W
Hoover	18-3 W	
Lincoln	3-4 L	8-3 W
Roosevelt	15-4 W	10-8 W
Indianola	12-8 W	6-5 W

Freshman Season Stats

Dowling	2-10 L	
Ankeny	3-11 L	
North	13-0 W	
Ottumwa	5-11 L	
Roosevelt	3-1 W	7-8 L
Waukee	7-8 L	
North	12-11 W	
Hoover	6-7 L	
Lincoln	17-7 W	
Waukee	2-9 L	
Ottumwa	1-11 L	3-14 L
Lincoln	6-2 W	13-3 W
Hoover	12-2 W	
Dowling	18-4 L	6-11 L
Des Moines Christian	13-5 W	13-11 W
Roosevelt	9-8 W	11-1 W
Southeast Polk	4-14 L	12-2 W
Indianola	9-2 W	2-3 L

Logan Davis (10) readies to send a throw to a teammate. The team was supportive of each member during games all season long.

Sliding into home plate, the freshmen get down and dirty. The team did whatever it took in order to get another point on the scoreboard.

Slide and Score

Story/Layout by: Layla Schwartztrauber

Many east high students participating in extracurricular activities would say that "it takes up so much of your time" but for junior Ben Sigmund, time spent playing baseball was no factor.

"It took up most of my summer but it's worth it. If you're not willing to make the sacrifices then you shouldn't be there," said Sigmund.

Their practices were at the East High field and went from 5:30 to 7: 30 p.m. every Monday through Friday.

"Our practices were long and rough but we all made it through and it paid off in the end," said alum Sean Logan, who went off to play for the Maple Woods Community College team in Kansas City, Missouri.

The 2008 team was made up of 8 seniors, many of who played a big role in the team.

"We lost a lot of seniors and we are going to have to fill the positions, but we have a big junior class moving up so it won't be too bad," said Sigmund, we have a lot of practice to do though.

"We had a strong team last year but I'm pretty confident that the team can hold up without me and the rest of the graduates," said Logan.

"It sucks that they won't be there to help our team anymore. I'm really going to miss them when the season rolls back around," said senior Antonio Nizzi.

This year's team agreed that there was were an even amount of wins and losses.

"Everyone did their best all year. We did like to joke around and have fun but when it came right down to it, we tried really hard," said Sigmund.

"A lot of the players worked their butts off to get better," said senior Tony Funaro.

Many players agreed that friendship played a big role in helping the team work well together and keep good communication.

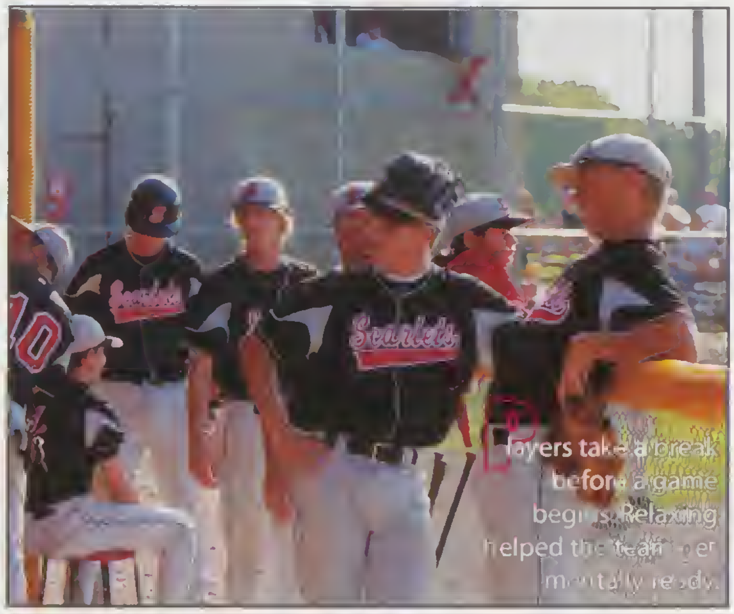
"All in all, we got along pretty well and had fun together, when you spend that much time with other people you have no choice but to be close," said Funaro.

East varsity player arrives at a base just before the opponent slides in. This helped the team with one more point to victory.

Senior Gage Rhoades and a fellow player watch a game closely. They patiently await their turn to jump into the game.

Everyone worked hard and did their best all year.

"Whatever it takes." A player dives to the ground in an attempt to catch the ball.



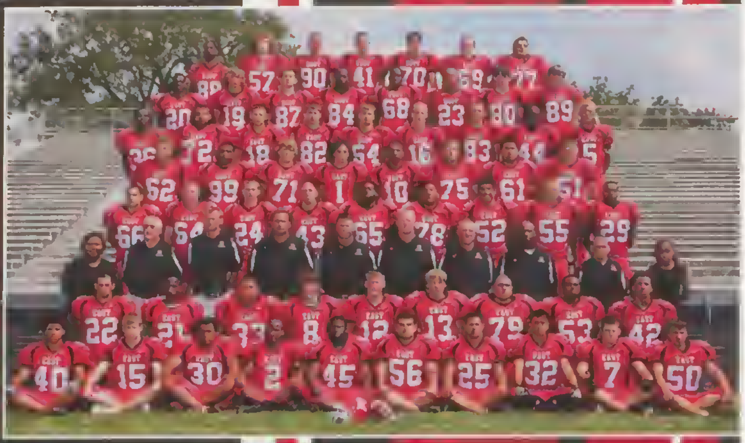
Players take a break before a game begins. Relaxing helped the team get mentally ready.

Alum Sean Logan reaches into the air to catch the ball.

Varsity Season Stats

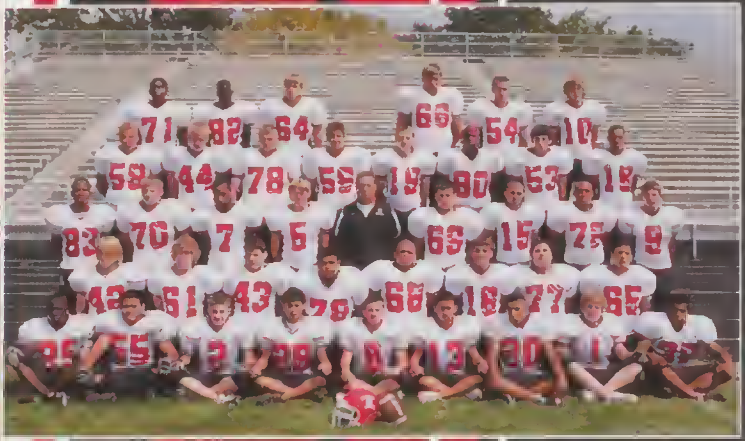
Dowling	9-6 W
Boone	4-6 L
Glenwood	12-0 W
Ankeny	2-3 L
North	15-0 11-1 13-1 14-3 W W W W
Ottumwa	7-5 8-9 11-1 15-1 W L W W
Mason City	5-6 3-7 L L
Lincoln	6-4 9-3 11-4 10-0 W W W W
Hoover	8-10 13-10 6-4 10-3 L W W W
Marshalltown	13-7 9-10 W L
Waukee	4-2 W
CB Lincoln	10-0 W
Roosevelt	14-4 7-9 3-4 5-3 W L L W
Albia	10-7 W
Davis Co.	9-0 W
Centerville	8-3 W
Carlisle	15-1 W
CR Kennedy	3-0 L
SEP	3-10 13-7 L W
Indianola	20-4 8-0 W W
Urbandale	5-6 L

varsity football



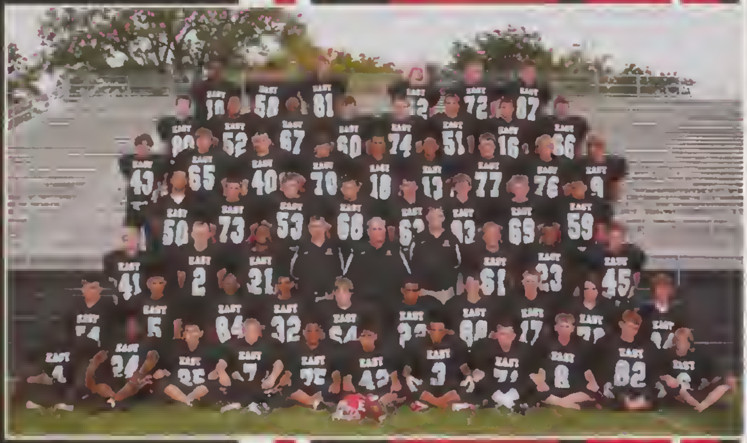
Front Row: Kris Chestnute, Brian Hensley, Daniel Andrade, Tyrae Kemp, Jeremiah Harrington, Alec Martin, Andy Tran, Ryan Cam, Ben Sigmund, John Auch. Row 2: Jacob Reed, Marcus Smith, Jacob Bellman, Sean DeGoey, Gage Rhoades, Zak Jones, dropped, Earl Sutton, dropped. Row 3: dropped, Asst. Coach Neil Donohoe, Asst. Coach Adam Jack, Asst. Coach Phil Hornback, Coach Rick Roberts, Asst. Coach Greg Schoon, Asst. Coach Carl Drautz, Asst. Coach Carlos James, Asst. Coach Addison Boughton, Adrienne Slothouber. Row 4: Kiefer Hanawalt, Dylon Brewer, Tyler Jensen, Dustin Medearis, dropped, dropped, Kurtis Leuang, Derick Wilson, Anthony Cross. Row 5: Cody Mickle, Cory Massey, dropped, Brett Spaur, Dorian Ballentne, Kenny Nichols, Doan Nguyen, Jay Deever. Row 6: dropped, Quintin Hall, dropped, Blake Wilkerson, Jamie Deaton, Matt Rench, Brad Davison, Will Chatman, Matt Widlund. Row 7: DaShawn Cason, Matt Grover, Luke Manley, Leo Ukpan, Kiandre Smith, Jordan Owen, dropped, Marshall McKay. Back Row: Jamel Bolden, David Davis, Michael Beem, Eric Feldmann, dropped, Adam Elsinga, John Swanson.

sophomore football



Front Row: Wallee Soe, Jordan Koughvahn, Cody Johansen, Alex Syhavong, Kyle Bosley, Truc Do, Marco Gonzalez, Nick Roth, Daniel Andrade. Row 2: Cameron Hilzer, Cody Campbell, Scott Loftus, Brian Banegas, Emanual Egbadan, John Reynolds, Tyler Smith, Juan Miramontes. Row 3: Andre Case, David Blacksmith, Michael Johnson, Zac Jones, Derek Summey, Kirk Jensen, Cedric Danielson, Marshall Paine, Connor Kouri. Row 4: Caleb Bunnell, James Ellingsworth, Cody Boyle, Matt Crane, Ryan Woodson, Deonta Harris, Nick Grochala, Phillip Stewart. Row 5: Na'day Chandler, dropped, Jerry Wilson, Justin Farnsworth, Kyle Mechem, Matt Grover.

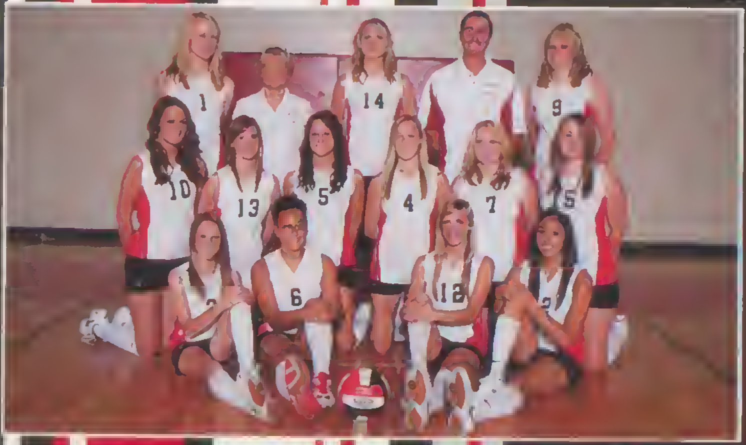
freshman football



Front Row: TJ Karlor, Aaron Coyle, Philip Bui, Landon Randolph, (dropped), Oscar Gonzalex, Donte Brown, James Frazier, Brennan Lawrence, (dropped), Alex Hensley. Row 2: Dalton Vaske, Neftali Montesinos, Sterling Robinson, (dropped), Cody Crane, Aubrey Roland, Tyler Seward, Josh Hague, Jeffrey O'Brien, Jordan Abeling. Row 3: Jeremiah Shephard, Tanner McGriff, Ahmed Sama, Asst. Tim Walljasper, Head Coach Ken Burgess , Asst. Mike Southmayd, Jacob Nutt, (dropped), Shane Sullivan. Row 4: Travis Cavan, Jordan Niffenegger, (dropped), Chae King, Austin Dueling, Cody Brown, Philip Huxford, Manny Hernandez. Row 5: Zak Titus, Connor Gish, (dropped), Thomas Sharp, Tariff Wright, Yelstin Rodriguez, Nathan Young, Travis Bass, Nick Williamson. Row 6: Justin Nichols, Justin Leuang, (dropped), Jordan Bates, Drew Hurley, Zak Dunn, Austin Bellis, Ben Bolten. Back Row: Louie Ingoil, Kevin Owen, Brandon Long, Caleb Connor, Kyle Thomson, Blake Cunningham. Not Pictured: Austin Hatfield, Brandon Lane, Cole Myers, Grant Simpson, Pierre Talton.

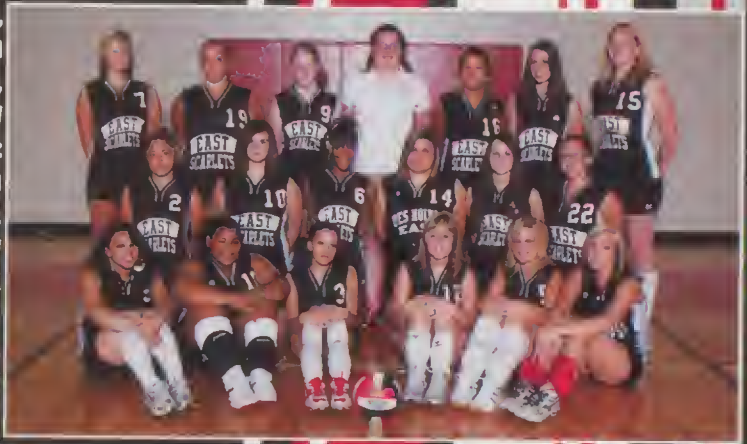
ATHLETICS

varsity volleyball



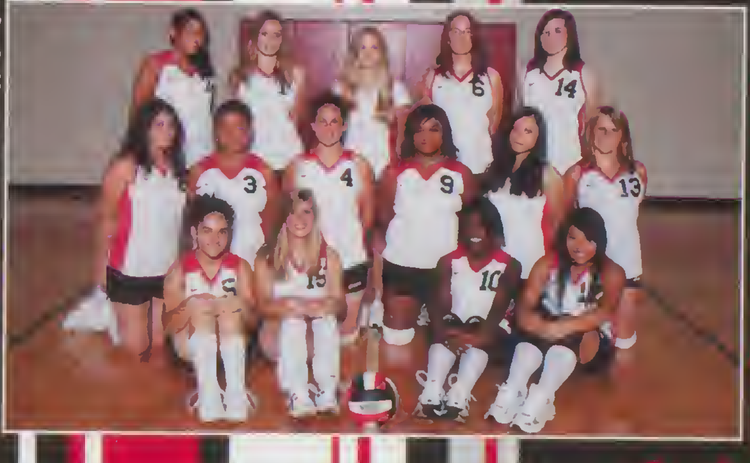
Front Row: Kaci Young, Ashley Dameron, Taylor Luft, Karen Perez. Row 2: Natasha Schoborg, Kayla Wisnousky, Melissa Ulmer, Kate Hurley, Rene Reynolds, Sam Johnson. Back Row: Rachel Hurley, Head Coach Terrie Fenstermann, Jade Kreutz, Asst. Coach Matt Ross, McKenzie Cook.

jv volleyball



Front Row: Julia Cancino, Lauren Morgan, Ashlyn Robinson, Vanessa Gobb, Heather Prettyman, Holly Hardenbrook. Row 2: Marcella Valdez, Sarah Phillips, Chelsea Tidwell, Angelica Lawson, Emily Cook, Taylor Bimbi. Back Row: Kate Morrow, Tabitha King, Brittney Clark, Coach Erin Kramer, Misty Black, Kelsey Waits, Afton Abel. Not Pictured: Iesha Ridding, Tera Rhoades, Friday Chuol, Jordan Vander Ploeg.

freshman volleyball



Front Row: Jasmin Munoz, Kaleigh Nichols, Ami Turay, Erika Kommavongsa. Row 2: Desi Kofoot, Carissa Curtsinger, Jessie Fessler, Tajia Taylor, Evelin Andrade, Jayde Sleeth. Back Row: Sierra Tate, Austyne Waters, Head Coach Beth Widlund, Erin Stanley, Anna Flickinger. Not Pictured: Nyachudier Deng.

boys golf

Front row: Asst. Coach Maurice White, Coach Deb Waltz. Row 2: Kase Heuerman, Jacob Formano, Charles Hughes, Logan Davis, Tim Novak, Nathan Court, Payton Pringle. Back row: Grant Voshell, Royan Johnson, Zach Flickenger, Jordan Harmon, Dylan Steben. Not Pictured: Nathan Court, Jacob Maurer, James McCourt, Dominique Stone.

girls golf

Front row: Madison Tedrow, Vancy Bergan, Madison Meinders, Kelsey Riester, Samm Smith. Row 2: Chelsea Young, Ebony Cameron, Stephanie Jansenns, Taylor Bimbi, Sara Hiliario, Jamie Bentley. Back Row: Alejandra Martinez, Mariah Morrison, Head Coach Lowell Long, Shawna Wilson, Asst. Coach Tyler Collins, Jessica Nerison, Niador Bilim.

boys tennis

Front row: Justin Beggs, Matt Webb, DeAngelo McGregor, Joe Khamany, Peter Ly. Row 2: Prem Gobin, Ryan Beggs, Johnny Wentland, Naipong Vang, Carl Stoutenburg, Brian Terrell. Row 3: Edison Moody, Tony Steven, Head Coach Tam Ho, Kee Vang, Israel Duran. Back row: Joshua Syvixay, Bobby Young, Austin Boyd, Nick Wren, Taylor Whittington, Charles Tran.

girls tennis

Front row: Madison Williams, Shelby Carr, Susan Nguyen, Morgan Murray, Nancy Nguyen, Carolyn Phongphachone, Sanna Sayavong, Jennifer Vong. Row 2: Katie Heggan, Jamie Harris, Head Coach David Bullis, Sierra Smith, Asst. Coach Samy El-Baroudi, Jenny Young, Coby Baccam. Back row: Hollie Russett, Brooke Green, Samantha Jones, Taylor Warren, Kelsey Robinson, Rosie Cam, Holly Meysenburg.

wrestling

Front Row: Kiefer Hanawalt, David Cordero, Scott Phanphasy, Mike Jones, Johnny Coleman, Deshean Lund, quit, Alex Reynolds, Chance Scott, Rene Senecaut, Brian Banegus. Row 2: Scott Loftus, quit, Alex Hensley, Tyler Slinger, Nick Roth, Brian Hensley, Chris Scott, Tory Zepeda, Chris Avery, Alex Syhavong, quit, quit. Row 3: Richard Harris, Tommy Sharp, John Reynolds, quit, Asst. Guy Kesavadhana, Asst. Michael Gossen, Head Coach Larry Jackson, Scott Rourke, quit, quit, quit, quit. Back Row: Katie Price, quit, Kaleb Bunnell, Zak Laird, quit, Jordan Wentland, Johnny Wentland, Sean DeGoey, Ryan Woodson, Brady Burrows, Chelsea Van Deo, Samantha Torres.

varsity cheerleading

Front Row: Chelsy Mongar, Desiree Kerber, Ashley Gogerty, Madison Kasper, Lois Lewis. Row 2: Brittany Syvixay, Katie Nutt, Paige Gee, Katelynn Tappan, Carly Wiezorek, LaRissa Connett, Taylor Carlisle. Back Row: Heather Seward, Katie Heggen, Lorrie Kingen, Vania Boland, Randy Tharp, Kate Hurley, Bria Johnson, Nadia Tyler.

jv cheerleading

Front Row: Brenda Baccam, Cassandra Lemthi, Victoria Gama. Row 2: Rachael Hall, Kacie Mongar, Mackenzie Wedig, Katie Hines. Row 3: Deja Greene, Peyton Rowe, Kelsey Gile.

freshman cheerleading

Front Row: Kenzi Mongar, Diana Inthaboune, Casi Siders. Row 2: Alicia Jones, Nicole Patrick, Miranda Mason. Row 3: Alex Davis, Dominique Stone, Kaitlin Cortez, Skylar Funderburk

varsity boys basketball

Front Row: Cameron Shivers, Tyler Jensen, Tyrae Kemp, Gage Rhoades, Devontray Heard. Row 2: Trish Barton, Jordan Owen, Learie Jones, Louie Ingoli, Klandre Smith, Megan Gabriel. Row 3: Asst. Coach Carlos James, Asst. Coach John LaBonia, Head Coach Jim Nahas, Asst. Coach Matt Murillo, Asst. Coach Greg Schoon. Back Row: Leo Ukpan, Brandon Long, Kole Rivas, Eric Feldmann, Gavin Althaus, Matt Grover.

jv boys basketball

Front Row: Nick Savage, David Reasby, Tyler Thompson, Cedric Danielson, Conner Kouri. Row 2: Na'day Chandler, DeShawn Cason, Alex Van Gundy, Louie Ingoli, Phillip Stewart, Travis Cavan. Row 3: Patty Kelsey, Alejandra Rodriguez, coach Carlos James, coach Greg Shoon, coach Buster Rounds, Terri Cabrera. Back Row: Quit, Brandon Long, Matt Grover, Sheldon Robinson, Charles Bellaphant, Craig Conkel.

freshman boys basketball

Front Row: Savanny Ear, Oscar Alvarez, Salat Jones, Josh Rounds, Jovi Mom, Sam Joseph, Sterling Robinson, Jenny Ear. Row 2: Tanner McGriff, Riley Bacon, Arnaldo Valadez, Simon Joseph, Gabe Lewis, Evan Smith, Pierre Talton. Back Row: Cole Myers, Brandon Long, Coach Lowell Long, Coach Chris Douglas, Zakk Dunn, Justin Leuang, Travis Cavan. Not Pictured: Brandon Lane, Grant Simpson, Derrick Penelton, Donte Brown, Bernard Penelton.

boys bowling

Front Row: Devan Parsons, Austin Ahl-Jones, David Thacker, Cephus Wright, Logan Davis. Row 2: Sean Hergenrader, Justin Chamberlain, Chris Sullivan, Zach Owens, Jeff O'Brien, Bryan Kern. Back Row: John Spratt, Dylan Rangel, Michael Olgren, Coach Doug Davis, Tyler Breheny, Antonio Nizzi, Cody Vanwinkle, Matt Riemer. Not Pictured: Josh Cunningham.

varsity girls basketball

Front Row: Chelcie Scott, Sharnae Lamar, Tiffanie Porter, Shronda Butts. Row 2: Skylar Johnson, Nijay Gaines, Ayanna Prince, Sara Wagner, Kalynn Fields, Royonah Marble. Back Row: Jade Kreutz, Asst. Coach Rob Newton, Head Coach Sam Powell, Asst. Coach Bill Proctor, Markisha Wright.

jv girls basketball

Front Row: Jessie Vance, Janet Reaza, Kensie Channon, Janee Taylor, Chelcie Scott. Row 2: Alejandra Martinez (mgr.), Jocelyn Brown, Haley Larson, Liz Bolten, Royonah Marble, Miya Williams (mgr.). Back Row: Friday Chuol, Asst. Coach Deidre Howard, Coach Rob Newton, Coach Catrina Greeno, Jade Kreutz, Kelsey Waits.

freshman girls basketball

Front Row: Jazmyne Reich, Alyssa Espinoza, Chavia Taylor, Shawnice Collier, Shyreka Turner. Row 2: Anna Flickinger, Allie Fitzgerald, Rachel Avant, Amber Knox, Jessica Grochala, Erin Stanley. Back Row: Tanea Fabray (mgr.), Nyachudier Deng, Head Coach Thana Heller, Kierra Osborn, Heather Fulford (mgr.). Not Pictured: Jama Clayton.

girls bowling

Front Row: Connie Schillinger, Devan Stuve, Ashley Schumacher, Natasha Huxford. Row 2: Felicia Rangel, Tyteana Estes, Kelsey Walker, Vanessa Gobb, Cheyenna Pepel. Back Row: Sammy Jones, Holly Meysenburg, Stacey Anderson, Jonnita Edwards, Charlene Woolson. Not Pictured: Jessica Kilby.

varsity baseball

Front Row: Joe Anderson, Josh Cozad, Sean Logan, Ben Sigmund, Tim Bolander. Row 2: Zach Laird, Austin Elder, Coach Scott Rourke, Coach Brian Luft, Cody Bosley, Colton Collins. Back Row:Tyler Jensen, Kyle Bates, Antonio Nizzi, Scott Jensen, Tony Funaro, Matt Widlund, Gage Rhoades.

sophomore baseball

Front Row: Mike Jones, Levi Cardines, Chris Wollenson, Anthony Thompson, Cody Shepherd. Row 2: Dustin Medearis, Alex Brouwer, Head Coach Martin Luft, Asst. Coach James Giboo, Tyler Slinger, Evan Holleran. Back Row: Sean DeGoey, Justin Scheffers, Dorian Ballentine, Gavin Althaus, Anthony Flagg, Brady Burrows, Cole West. Not Pictured: Blake Wilkerson.

freshman baseball

Front Row: Tanner McGriff, Logan Davis, Josh Rounds, Matt Brouwer, Kyle Bosley, Tyler Thompson, Cody Johansen. Row 2: Conner Kouri, Shane Sullivan, Head Coach Carl Drautz, Asst. Coach Buster Rounds, Nick Roth, Nick Savage. Back Row: Riley Bacon, Blake Cunningham, Alex VanGundy, Nick Grochala, Kyle Thompson, Zak Jones.

varsity softball

Front Row: Amy Parker, Cori Vance, Kim Robinson, Ashley Prettyman, Sarah Sinopoli, Miranda Henderson. Row 2: Janie Smith, Jessica Grochala, Meredith Henriksen, Cari Smith, Caitlyn Carmichael. Row 3: Head Coach Bob Ligouri, Asst. Coach Tyler Collins, Asst. Coach Jerry Collins, Asst. Coach Matt Murillo, Asst. Coach Amanda Zust, Asst. Coach Thana Heller. Back Row: Staci Brown, Taylor Allgeier, Riley Fisher, Melissa Ulmer, Mattison Sellers, Kaitlyn Carpenter.

jv softball

Front Row: Miranda Henderson, Heather Prettyman, Kaci Young, Cori Vance, Amy Parker. Row 2: Madisen Meinders, Janie Smith, Kaylee Putzier, Courtney Custard, Jessica Grochala, Meredith Henricksen. Row 3: Stacie Brown, Asst. Coach Amanda Zust, Sierra Hall, Coach Thana Heller, Allison Fitzgerald. Back Row: Brittany Beckman, Riley Fisher, Jessie Fessler, Taylor Millard.

freshman softball

Front Row: LJ Putzier, Paige Blair, Kensie Channon, Kaci Young, Heather Prettyman, Janie Smith. Row 2: Jerzie Murray, Vancy Bergan, Kaleigh Nichols, Madisen Meinders, Courtney Custard. Back Row: Elizabeth Bolten, Stacie Brown, Head Coach Lowell Long, Asst. Coach Bret Collins, Allison Fitzgerald, Jessie Fessler.

boys track

Front row: Tim Bolander, Ariole Byrd, Tyrae Kemp, Alontae Butts, Mykeal Shade, Daryl Saunders, Tanner Luft. Row 2: Deaontae Word, Jacob Sable, Austyn Lewis, Will Chatman, Randy Duncan, Josh Lewis, Dorian Mintor, RJ Harris. Row 3: Learie Jones, Mel Green Sr., Dr. Mike Foggia, Charles Kannapel, Adam Jake, Phillip Ferguson, T.J. James. Back Row: Deangelo Hall, Quintin Hall, Sam Campbell, Jystyn Lewis, Robert Blair, Leo Ukpan.

girls track

Front Row: Sarah Son, Tanisha Williams, Ashley Dameron, Lois Lewis, Sabreen Al-Hameed, Kensie Channon, Nicole Lukenbill, Pa Vang, Megan Say, Shahira Robinson. Row 2: Jessica Tran, Anny Naovarath, Samantha Torres, Misty Black, Royonah Marble, Riley Galvin, Tiffanie Porter, Stacy Anderson, Laurel Murphy, Liz Godoy, Chekesha Clark. Row 3: Chelsea Tidwell, Karen Perez, Kyra Seay, Asst. Coach Bob Bagley, Coach Ken Morton, Asst. Coach Phil Hornback, Asst. Coach Jake Habhab, Taqui Dufelmeier, Latisha Johnson, Zoila Sarmiento. Back Row: Makanani Scarlett, BriAuna Williams, Jocelyn Brown, Danielle Oliver, Rachel Hurley, Alina McDaniel, Kalynn Fields, Narelle Buffalo.

boys swimming

Front Row: Jacob Formaro, Grant Voshell, Aubrey Roland, Alontae Butts, Evan Timm (Capt.), Jacob Gracey, Shane Sullivan. Row 2: James McCourt, Josh Smith, Ahmed Sama, Robbie Heathcote, Matt Rinner, Jacob Maurer, Tyler Vry, Jacob Sable. Back Row: Donald Carolus, Jeff Searcey, DJ Palmer, Asst. Coach Dustin Cassler, Megan Lein (Mgr.), Head Coach Erin Lowe, Ben Bolten, Zach Bennett, Jacob Keeney. Back Row: Matt Crane, Royan Johnson, Brian Phillips, Dillion Barber, Jerry Wilson, Thomas Young (Capt.), Seth Hinshaw, Sean Ross. Not Pictured: Donivan Stevens, Riley Galvin (Mgr).

girls swimming

Front Row: Stephanie Nowels, Mariel Bradford, Aubrey Stith, Leanna Herndon, Danielle Piatt, Lisa Godoy, Josie Miller, Megan Lein. Row 2: Emily Mullen, Brooke Young, Riley Galvin, Jama Clayton, Rachel Anderson, Lily Van Gundy, Jazmyne Reich. Row 3: Katie Mitchell, Amanda Cantwell, Michelle Ortiz, Asst. Coach Eric Galvin, Coach Stan Thompson, Tereasa Clair, Megan Thurmond, Chelcie Scott. Back Row: Courtney Bozman, Courtney Young, Alli Stuhr, Peyton Rowe, Vania Boland, Shannissy Catron, Brittany Wilkinson (captain), Kyle Rowe (captain).

varsity boys soccer

Front Row: Josh Torrez, G York, Austin Elder, Head Coach Derek Lounsberry, Jesus Rodriguez, Cody Bowers, Travis Edvenson. Row 2: Saul Cardenas, Jesus Zambrano, Jesus SanElias, Jose Marquez, Guadalupe Rodriguez. Back Row: Mathew Manyvong, Sergio Cardenas, Cesar Hernandez, Daniel Adrade, Justin Duckworth, Dalton Price, Abdul Saeed.

jv boys soccer

Front Row: Minh Phan, Sergio Cardenas, Va Vang, Andy Tran, Bobby Sysombath, Ryan Cam. Row 2: Phuc Nguyen, Abdul Saeed, Jose Reyes, Estefen Cardenas, Gaspar Contreres, Cris Rodriguez, Jose Morquez, Adrian Eni. Back Row: Martin Rodriguez, Domigoj Tudovic, Charles Hughes, Head Coach Walljasper, Jesus Zambrano, Patrick Mburu, Josh Torres.

c team boys soccer

Front Row: Andrew Inrachavong, Luis Velezquez, Toan Nguyen, Ryan Khounlo, Wah Htoo, Samuel Juarez. Row 2: Juan Arellano, Jordan Duckworth, Jordan Kouanqvan, Tim Novak, Daniel Andrade, Thomas Teav, Vayeeleng Vang. Row 3: Jesus Zamrano, Matt Lor, Head Coach Isaac Rodenberg, Asst. Coach Luis Gomez, Jose Marquez, Hugo Alanis. Back Row: Edwardo Marquez, Santiago Torres, Mani Deng, Jerry Wilson, Rafael Cardenas, Hever Rodriquez.

girls soccer

Front Row: Alondra Gonzalez, Jessica Tran, Yvette Ortega, Katie Price, Alyssa Denning, Alyssa Mounphoxay, Dulce Via Anaya, Caitlin Schuler. Row 2: Marna Chotkuach, Lyn Chan, Miranda Henderson, Alma Marquez, Susana Monetti, Carolina Aguilar, Amber Huggins. Row 3: Yolanda Marquez, Amanda Rush, Erica Rockey, Head Coach Reid Bentley, Assistant Coach Greg Schoon, Alli Stuhr, Rosa Zarate, Jessica Ceballos. Back Row: Kayla Wisnousky, Leslie Trejo, Sarah Lown, Claire Diver, Peyton Rowe, Emma Diver, Brittany Wilkinson, Chelsea Kesavadhana, Jade Manning. Not Pictured: Chauncy Skeffington, Carolina Cruz.

What has happened to you helps shape who you will eventually become. You've met people who have changed your life forever. Whether it was for worse or for better, none of us will come out of this experience unphased. If you are ever asked "Where ya from?!" ... 'EASTSIDE' is the first thing that should come to mind.

So here we are, for some it is the end of one chapter and the beginning of the next. For others it is just the start of a life-changing journey. One of the greatest accomplishments in life is to find yourself, take the time to discover who you are and embrace it.

So years down the road, remember the cheers, but forget the jeers; remember the wins, but forget the losses; remember your friends, but forget your enemies. But whatever you do and wherever life may take you... always, always remember the ↙

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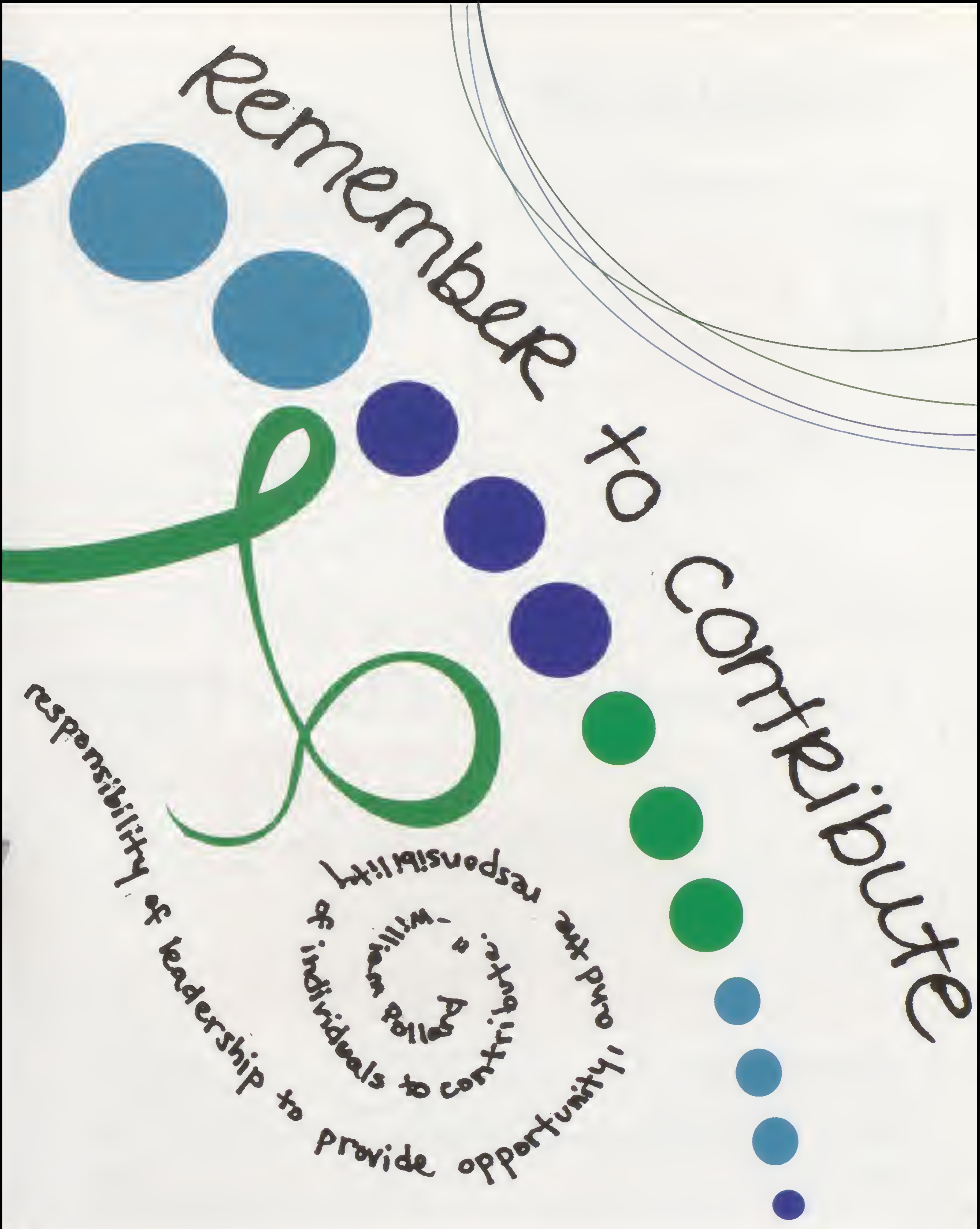

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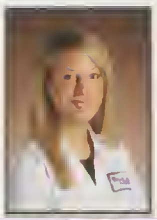

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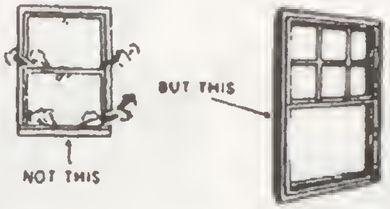

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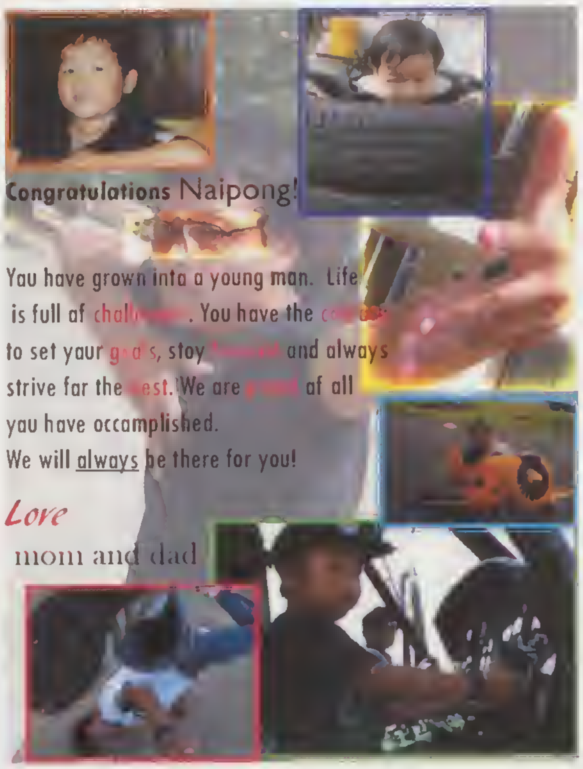

Congratulations Naipong!

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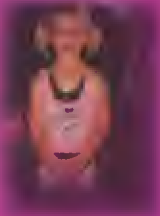

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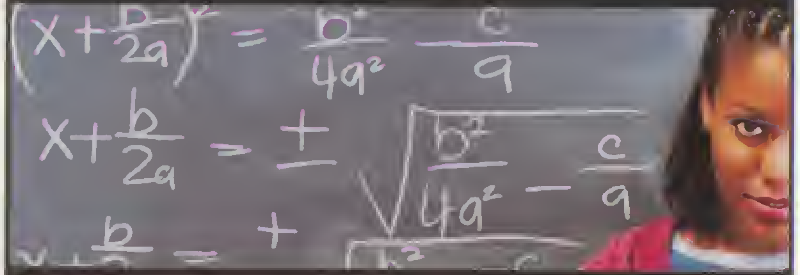

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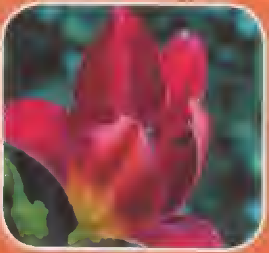
We come as strangers,
We leave as friends,
We leave with memories
that will never end.

Secretary Jasmien Clouse, Treasurer Jordan Wentland, Vice President Marissa Thompson; President RJ Harris

Class Flower:



Megan
Asiatic
Lily

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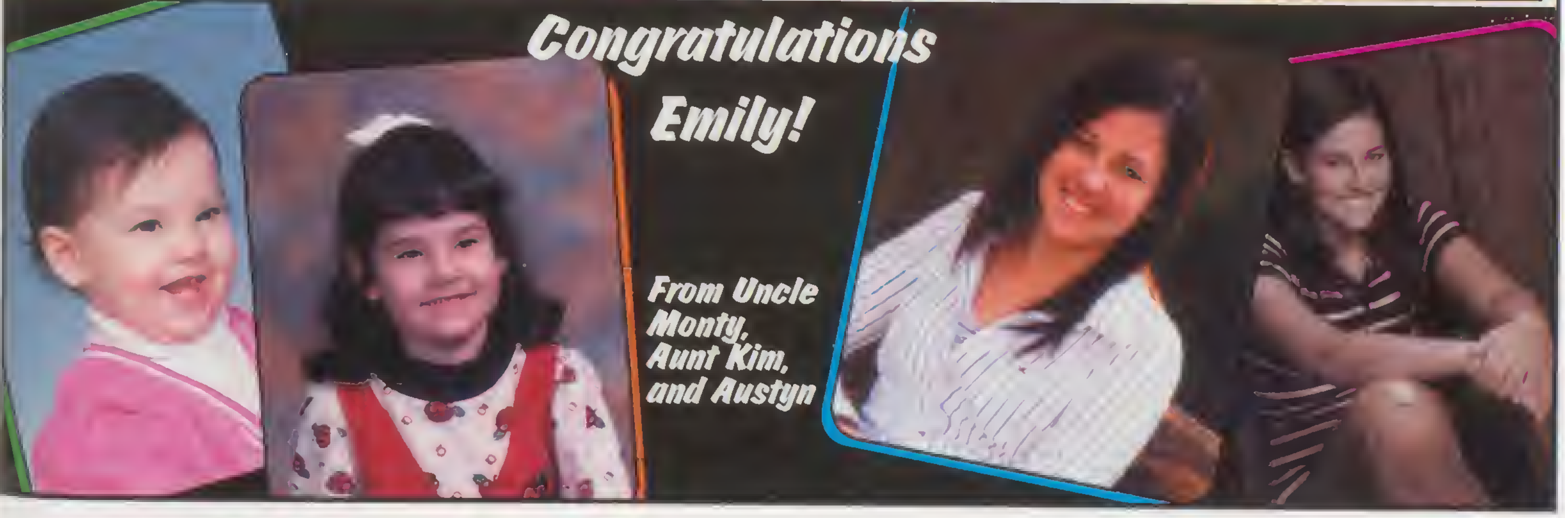
Congratulations
Emily!
From Uncle
Monty,
Aunt Kim,
and Austyn

You have so many exciting
experiences
ahead in your future,
but sometimes we need reminders
in our lives
of how much others care.
If you ever get that feeling,
I want you to remember this...
(little fishy, buck, brady)
No matter where life carries you
we love you beyond what
words can say.
We can't even begin to tell you
how much we hold you and your
happiness within our hearts.
We are so proud of the
outstanding young man
you have become.
Before you were born
we had an ideal in mind of the
qualities and characteristics
we would love to have in a son,
and you have become
every bit and more!
There is no one in the whole world
we would rather have as our son.
We love you with all our heart!
Love,
Mom, Dad, Jennifer

Melly
McCuddin

Believe in yourself
To the depth of your being

Nourish the talents
Your spirit is freeing

Know in your heart
When the going gets slow

That your faith in yourself
Will continue to grow

Don't forfeit ambition
When others may doubt

It's your life to live
You must live it throughout

Learn from your errors
Don't dwell in the past

Never withdraw
From a world that is vast

Believe in yourself
Find the best that is you

Let your spirit prevail
Steer a course that is true

Love,
Mom, Dad & Katie

Congratulations, Brett!
We love you!

Mom, Dad & Ashley
Grandma & Grandpa

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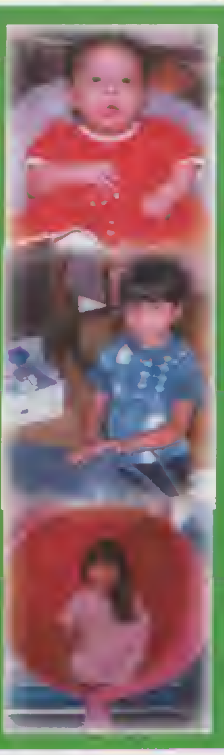

Nícole

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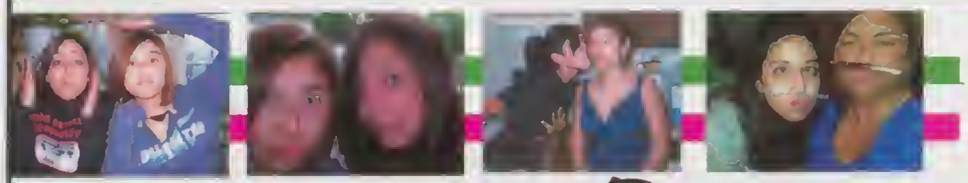
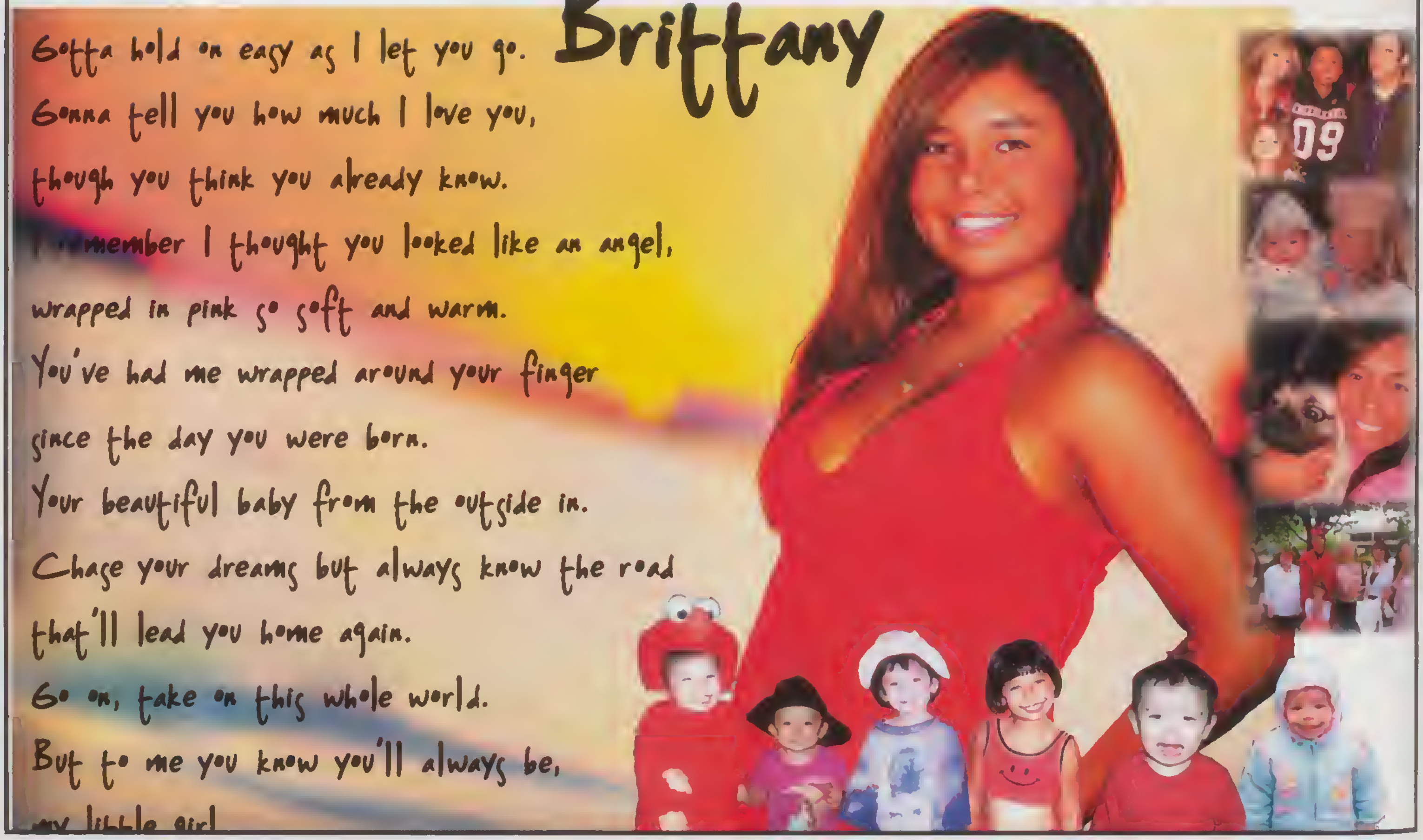
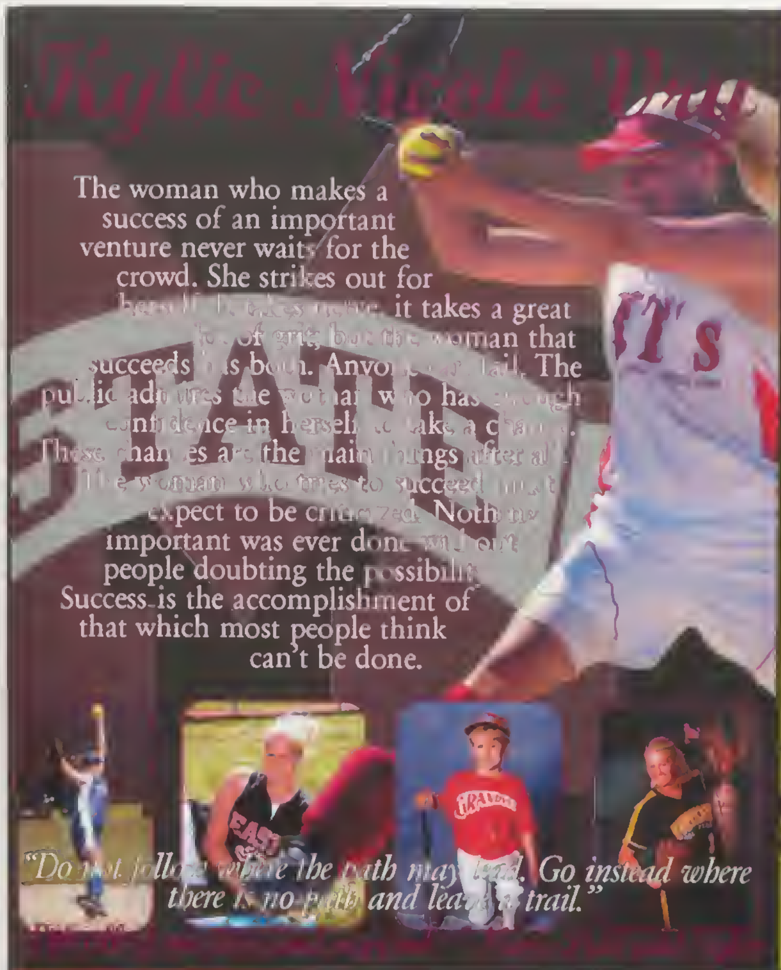


Tod: Copper, you're my best friend.
Copper: And you're mine too, Tod.
Tod: And we'll always be friends forever, won't we?
Copper: Yeah, forever.

Brittany



Gotta hold on easy as I let you go.
Gonna tell you how much I love you,
though you think you already know.
I remember I thought you looked like an angel,
wrapped in pink so soft and warm.
You've had me wrapped around your finger
since the day you were born.
Your beautiful baby from the outside in.
Chase your dreams but always know the road
that'll lead you home again.
Go on, take on this whole world.
But to me you know you'll always be,
my little girl



Kylie Nicole [illegible]

The woman who makes a success of an important venture never waits for the crowd. She strikes out for herself. It takes nerve, it takes a great lot of grit; but the woman that succeeds has both. Anyone can fail. The public admires the woman who has enough confidence in herself to take a chance. These chances are the main things after all. The woman who tries to succeed must expect to be criticized. Nothing important was ever done without people doubting the possibility. Success is the accomplishment of that which most people think can't be done.

"Do not follow where the path may lead. Go instead where there is no path and leave a trail."

---

darling,

If you think you are beaten, you are,
If you think you dare not, you don't.
If you like to win, but you think you can't,
It is almost certain you won't.

If you think you'll lose, you're lost,
For out in the world we find,
Success begins with a fellow's will.
It's all in the state of mind.

If you think you are outclassed, you are,
You,ve got to think high to rise,
You've got to be sure of yourself before
You can ever win a prize.

Life's battles don't always go
To the stronger or faster man.
But soon or later the man who wins,
Is the person who thinks they can.

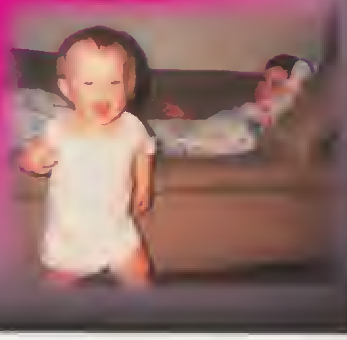
love,
mom
don grandmama
& papa

The East High School Band would like to congratulate the following seniors for their undying dedication to the band program: Kristen Davies, Faith Burnett, Katie Woods, Jacob Bailiff, Johnica Hudson, Micheal Davidson, Morgan Bush, Bobby Young, Megan Thurmund, Stacy Anderson, Jay Villalobos, Andre Johnson, Travis Tutje, Bobby Starace, Matt Drew, and Brianna Robinson.

Congratulations, Ashley!

We are so proud of you. Good luck in whatever you do. We all love you very much!

Love,
Dad, Grandma, Aunt Bobbie, and Matt



Go Seniors!

East High Student Government

Courtney Morton / President
Brooke Green / Vice-President
Dionna Langford / Secretary
Derrek Meath / Treasurer

Congratulations!

EHS Theater Arts Seniors

Sammie Beal Andrew Brewer
Jose De Leon-Valdez
Joanna Jackson Andre Johnson
Brittany Stilson

The Class of 2009 wishes to express its gratitude to the devoted teachers and staff of EHS who are just...

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The Quill Staff is grateful for the production assistance provided by these 2008-9 yearbook interns:

Alexis Ahmed
Samantha Jones
Megan Lein
Alina McDaniel
Josh Moreno
Madi Williams

…and for the guidance of:
Ed Kelly – Publications Adviser
Mike Zelenovich – Principal
Jake Lee – Herff Jones Representative

…and wishes to give special thanks to:
Marty Mohler and his photojournalism students for their contributions.
Special photo thanks also to Archie Webb Photography in Pleasant Hill, Iowa.

The Herff Jones yearbook plant in Edwardsville, Kansas produced 900 copies of the 2008 Quill. The 315 page book was completed on March 9.
Thirteen staff members put together the spring-delivery book on 80lb. Bordeaux paper.
The silkscreen cover is printed on matte black cover material. The cover font used was Myriad Pro Bold.
Endsheets are printed with a 4-color process on white Vibracolor paper stock, different front and back. The 8.5" x 11" book is printed with offset silkscreen and is smyth-sewn, rounded and backed.
The cover was designed by staff members and Herff Jones cover artist Brett Gonterman. The majority of the copy throughout the book is 10-point Adobe Garamond.
The book was produced digitally and all pages were submitted on the Internet using 17 Dell PC computers and the applications Microsoft Word and Adobe's Photoshop and InDesign CS.
Books were sold from September through November for $50.

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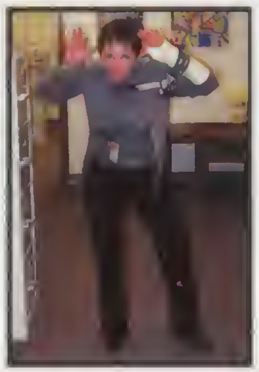

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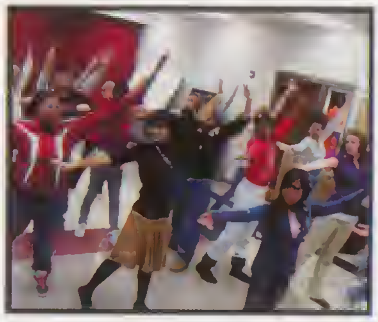

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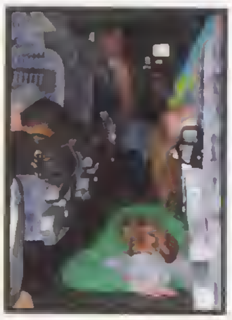

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